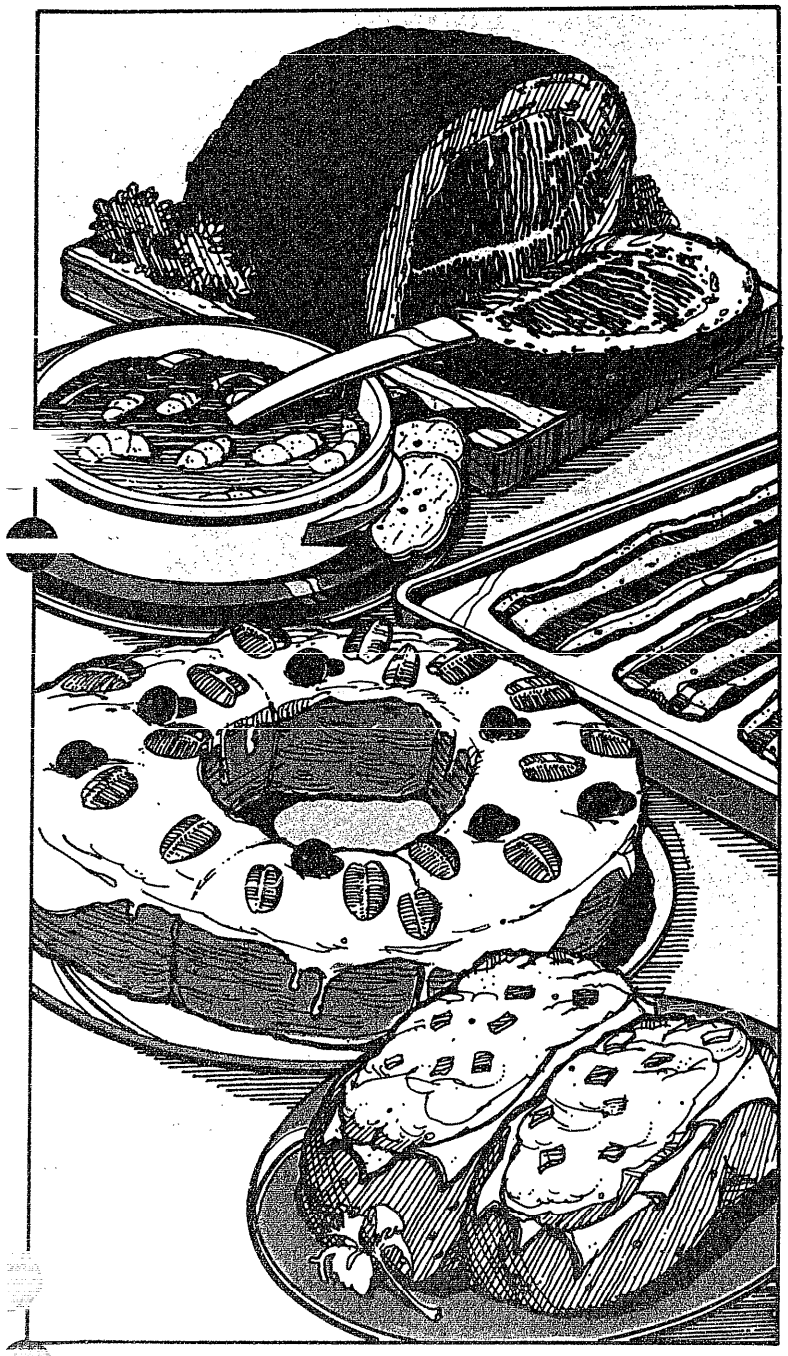
How to get the best from

Your Microwave Cooking Center



Use and Care of
built-in model JKP67G

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self-cleaning lower oven p32

Questions?
Use the Problem Solver p36

Your Direct Line to General Electric
The GE Answer Center℠ 800.626.2000

EFFDATE 7-3-86

GENERAL ELECTRIC

49-4774

Help us help you. . .

Read this book carefully.

It will help you operate and maintain your new Cooking Center properly.

Keep it handy for answers to your questions.

If you don't understand something or need more help, write: (include your phone number)
Consumer Affairs
General Electric Company
Appliance Park
Louisville, KY 40225

Write down the model and serial numbers.

You'll find them on a label on the front of the lower oven behind the door.

These numbers are also on the Consumer Product Ownership Registration Card that came with your Cooking Center. Before sending in this card, please write these numbers here:

Model No. _____

Serial No. _____

Use these numbers in any correspondence or service calls concerning your Cooking Center.

Be sure your oven is registered.

It is important that we, the manufacturer, know the location of your Cooking Center should a need occur for adjustments.

Your supplier is responsible for registering you as the owner.

Please check with your supplier to be sure he has done so; also send in your Consumer Product Ownership Registration Card. If you move, or if you are not the original purchaser please write to us, stating model and serial numbers. **This appliance must be registered. Please be certain that it is.**

Write to:

General Electric Company
Range Product Service
Appliance Park
Louisville, KY 40225

If you received a damaged oven. . .

immediately contact the dealer (or builder) that sold you the Cooking Center.

Save time and money.

Before you request service, check the Problem Solver on page 36. It lists minor causes of operating problems that you can correct yourself.

When Power is Connected to the Oven

The panel displays five 8's and 18 POWER on the upper portion and all of the oven functions on the lower portion. After 15 seconds, all lights disappear and "RESET" appears in the upper portion. Touch the CLEAR/OFF pad and oven is ready for use and the clock can be set.

If power is disrupted at any time, the above sequence reoccurs, and you must reset CLOCK after touching CLEAR/OFF.

PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

(a) Do Not Attempt to operate this oven with the door open since open door operation can result in harmful exposure to microwave energy. It is important not to defeat or tamper with the safety interlocks.

(b) Do Not Place any object between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.

(c) Do Not Operate the oven if it is damaged. It is particularly important that the oven door close properly and that there is no damage to the:

(1) door (bent),

(2) hinges and latches (broken or loosened),

(3) door seals and sealing surfaces.

(d) The Oven Should Not be adjusted or repaired by anyone except properly qualified service personnel.

Microwaving Tips

- Make sure all utensils used in your microwave oven are labeled "suitable for microwaving". Check your Cookbook for specific test to determine "microwave-safe" utensils.
- Paper towels, wax paper, and plastic wrap can be used to cover dishes in order to retain moisture and prevent spattering.
- Some microwaved foods require stirring, rotating, or rearranging. Check your Cookbook for specific instructions.
- Some foods such as unshelled eggs and hot dogs must be pierced to allow steam to escape during cooking.

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IMPORTANT SAFETY INSTRUCTIONS

Read all instructions before using this appliance.

When using electrical appliances basic safety precautions should be followed, including the following:

WARNING—To reduce the risk of burns, electric shock, fire, injury to persons or exposure to excessive microwave energy:

- Use this appliance only for its intended use as described in this manual.
- Be sure your appliance is properly installed and grounded by a qualified technician in accordance with the provided installation instructions.
- This appliance must be connected to a grounded, metallic, permanent wiring system, or an equipment grounding conductor should be run with the circuit conductors and connected to the equipment grounding terminal or lead on the appliance.
- This appliance should be serviced only by qualified service personnel. Contact nearest authorized service facility for examination, repair or adjustment.
- Before performing any service, DISCONNECT THE OVEN POWER SUPPLY AT THE HOUSEHOLD DISTRIBUTION PANEL BY REMOVING THE FUSE OR SWITCHING OFF THE CIRCUIT BREAKER.
- Do not cover or block any openings on the appliance.
- Do not use outdoors.
- Do not operate this appliance if it is not working properly, or if it has been damaged or dropped.
- As with any appliance, close supervision is necessary when used by children.
- **Do not leave children alone**—children should not be left alone or unattended in area where appliance is in use. They should never be allowed to sit or stand on any part of the appliance.
- **Don't allow anyone to climb, stand or hang on the door. They could damage the oven.**
- **CAUTION: DO NOT STORE ITEMS OF INTEREST TO CHILDREN IN CABINETS ABOVE AN OVEN—CHILDREN CLIMBING ON THE OVEN TO REACH ITEMS COULD BE SERIOUSLY INJURED.**
- **Wear proper clothing.** Loose fitting or hanging garments should never be worn while using the appliance. Flammable material could be ignited if brought in contact with hot heating elements and may cause severe burns.
- **Use only dry potholders**—moist or damp potholders on hot surfaces may result in burns from steam. Do not let potholders touch hot heating elements. Do not use a towel or other bulky cloth.
- **Never use your appliance for warming or heating the room.**
- **Do not store flammable materials in the oven.**
- **Keep hood and grease filters clean** to maintain good venting and to avoid grease fires.
- **Do not let cooking grease or other flammable materials accumulate in the oven or near it.**
- **Do not use water on grease fires. Flame in oven can be smothered by completely closing door and touching CLEAR/OFF.**
- **When cooking pork** follow our directions exactly and always cook the meat to at least 170°. This assures that, in the remote possibility that trichina may be present in the meat, it will be killed and meat will be safe to eat.

(continued next page)

● **Do not touch heating elements or interior surface of oven.** These surfaces may be hot enough to burn even though they are dark in color. During and after use, do not touch, or let clothing or other flammable materials contact any interior area of the oven; allow sufficient time for cooling, first.

Other potentially hot surfaces include the oven vent openings and surfaces near the openings, crevices around the oven door and the edges of the door window.

Remember: The inside surface of the oven may be hot when the door is opened.

Microwave Oven:

● Read and follow the specific "PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY" found on page 2.

● To reduce the risk of fire in the oven cavity:

—Do not overcook food. Carefully attend appliance if paper, plastic, or other combustible materials are placed inside the oven to facilitate cooking.

—Remove wire twist-ties from paper or plastic bags before placing bag in oven.

—Do not use your microwave oven to dry newspapers.

—Paper towels, napkins and wax paper. Recycled paper products can contain metal flecks which may cause arcing or ignite. Paper products containing nylon or nylon filaments should be avoided, as they may also ignite.

—Do not pop popcorn in your microwave oven unless in a special microwave popcorn accessory or unless you use popcorn labeled for use in microwave ovens.

—Do not operate the oven while empty to avoid damage to the oven and the danger of fire. If by accident the oven should run empty a minute or two, no harm is done. However, try to avoid operating the oven empty at all times—it saves energy and prolongs life of the oven.

—If materials inside the oven should ignite, keep oven door closed, turn oven off, and disconnect the power cord, or shut off power at the fuse or circuit breaker panel.

● **Some products such as whole eggs and sealed containers**—for example, closed glass jars—may explode and should not be heated in this oven.

● **Avoid heating baby food** in glass jars, even without their lids; especially meat and egg mixtures.

● See door surface cleaning instructions on page 34.

● **Don't defrost frozen beverages** in narrow necked bottles (especially carbonated beverages). Even if the container is opened, pressure can build up. This can cause the container to burst, resulting in injury.

● **Use metal only as directed in Cookbook.** Foil strips as used on meat, roasts are helpful when used as shown in Cookbook.

TV dinners may be microwaved in foil trays less than 3/4" high. When using metal in microwave oven, **keep metal (except for DOUBLE DUTY™ shelf) at least 1 inch away from sides of oven.**

● **Cooking utensils may become hot** because of heat transferred from the heated food. Potholders may be needed to handle the utensil.

● **Sometimes, the oven floor can become too hot to touch.** Be careful touching the floor during and after cooking.

● **Foods cooked in liquids** (such as pasta) may tend to boil over more rapidly than foods containing less moisture. Should this occur, refer to page 34 for instructions on how to clean the inside of the oven.

● **Do not use a thermometer** in food you are microwaving unless that thermometer is designed or recommended for use in the microwave oven.

● **Remove the temperature probe from the oven when not using it** to cook with. If you leave the probe inside the oven without inserting it in food or liquid, and turn on microwave energy, it can create electrical arcing in the oven and damage oven walls.

● **Boiling eggs is not recommended in a microwave oven.** Pressure can build up inside egg yolk and may cause it to burst, resulting in injury.

● **Foods with unbroken outer "skin"** such as potatoes, sausages, tomatoes, apples, chicken livers and other giblets, and egg yolks (see previous caution) should be pierced to allow steam to escape during cooking.

● **Plastic Utensils**—Plastic utensils designed for microwave cooking are very useful, but should be used carefully. Even microwave plastic may not be as tolerant of overcooking conditions as are glass or ceramic materials and may soften or char if subjected to short periods of overcooking. In longer exposures to overcooking, the food and utensils could ignite. For these reasons: 1) Use microwave plastics only and use them in strict compliance with the utensil manufacturer's recommendations. 2) Do not subject empty utensils to microwaving. 3) Do not permit children to use plastic utensils without complete supervision.

- **"Boilable" cooking pouches and tightly closed plastic bags** should be slit, pierced or vented as directed in Cookbook. If they are not, plastic could burst during or immediately after cooking, possibly resulting in injury. Also, plastic storage containers should be at least partially uncovered because they form a tight seal. When cooking with containers tightly covered with plastic wrap, remove covering carefully and direct steam away from hands and face.

- **Spontaneous boiling**—Under certain special circumstances, liquids may start to boil during or shortly after removal from the microwave oven. To prevent burns from splashing liquid, stir the liquid briefly before removing the container from the microwave oven.

- **Use of the DOUBLE DUTY™ shelf accessory.** (See your Cookbook for proper use.)

—Remove the shelf from oven when not in use.

—Do not store or cook with shelf on floor of oven. Product damage may result.

—Use potholders when handling the shelf and utensils. They may be hot.

—Do not use microwave browning dish on shelf. The shelf could overheat. Use of shelf with Automatic Cooking feature is not recommended.

Lower Oven:

- **Stand away from the oven when opening oven door. The hot air or steam which escapes can cause burns to hands, face and/or eyes.**

- **Don't heat unopened food containers in the oven. Pressure could build up and the container could burst causing an injury.**

- Keep oven vent ducts unobstructed.

- Keep oven free from grease buildup.

- Place oven rack in desired position while oven is cool. If racks must be handled when hot, do not let potholder contact heating units in the oven.

- Pulling out shelf to the shelf stop is a convenience in lifting heavy foods. It is also a precaution against burns from touching hot surfaces of the door or oven walls.

- When using cooking or roasting bags in oven, follow the manufacturer's directions.

- Do not use your oven to dry newspapers. If overheated, they can catch fire.

Self-Cleaning Oven:

- **Do not clean door gasket.** The door gasket is essential for a good seal. Care should be taken not to rub, damage or move the gasket.

- **Do not use oven cleaners.** No commercial oven cleaner or oven liner protective coating of any kind should be used in or around any part of the oven.

- Clean only parts listed in this Use and Care Book.

- **Before self-cleaning the oven,** remove broiler pan and other utensils.

- **Listen for fan**—a fan noise should be heard sometime during the cleaning cycle. If not, call for service before self-cleaning again.

SAVE THESE INSTRUCTIONS

Energy Saving Tips

Microwave Cooking

- Use proper power level as recommended and DO NOT OVERCOOK.

- Do not operate the oven while empty. If by accident the oven should run empty a minute or two, no harm is done. However, try to avoid operating the oven empty at all times—saves energy and also ensures good long-term life of oven.

Conventional Oven Cooking

- Preheat the oven only when necessary. Most foods will cook satisfactorily without preheating. If you find preheating is necessary, keep an eye on the indicator light, and put food in the oven promptly after the light goes out.

- Always turn oven OFF before removing food.

- Don't open the oven door any more often than necessary during baking. If you do have to open it, close it as soon as possible.

- Be sure to wipe up excess spillage before self-cleaning operation.

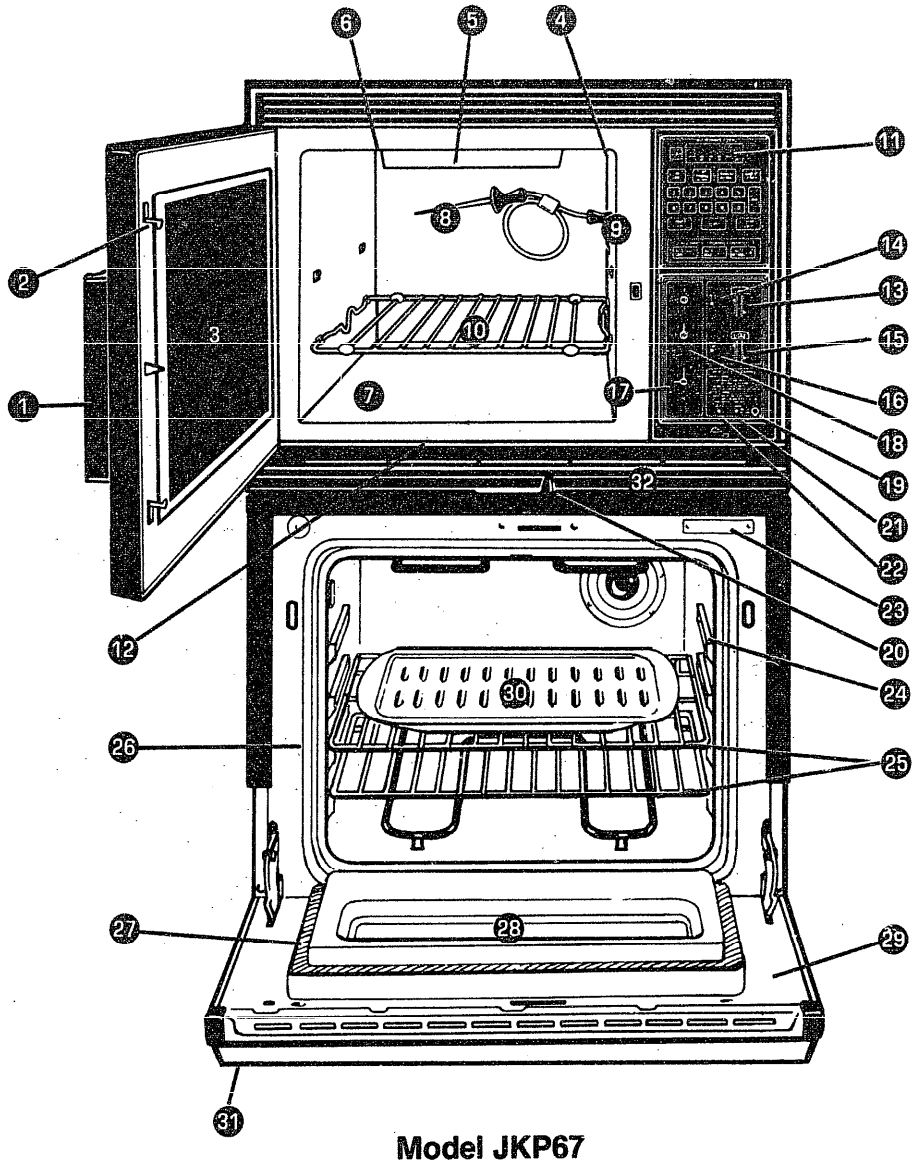
- Cook complete oven meals instead of just one food item. Potatoes, other vegetables, and some desserts will cook together with a main-dish casserole, meat loaf, chicken or roast. Choose foods that cook at the same temperature in approximately the same time.

- Use residual heat in oven whenever possible to finish cooking casseroles, oven meals, etc. Also, add rolls or precooked desserts to warm oven, using residual heat to warm them.

Features of Your Cooking Center

Microwave Oven

1. **Door Handle.** Pull to open door. Door must be securely latched for oven to operate.
2. **Inside Door Latches.**
3. **Window with Metal Shield.** Allows cooking to be viewed while keeping microwaves confined in oven.
4. **Light.**
5. **Plastic Antenna Cover.** Protects the antenna which distributes microwave energy into the oven.
6. **Oven Vent.**
7. **Oven Floor.**
8. **MICROTHERMOMETER™ temperature probe.**
9. **Receptacle for Temperature Probe.**
10. **DOUBLE-DUTY™ shelf.** Lets you microwave several foods at once. Do not use shelf without plastic spacers in place as shown. (See Safety Tips for special instructions.) When this shelf is not in use, please remove from the oven.
11. **Readout Display and Touch Control Pads.**
12. **Automatic Cooking Chart.** Quick reference for Codes for many frequently prepared foods.



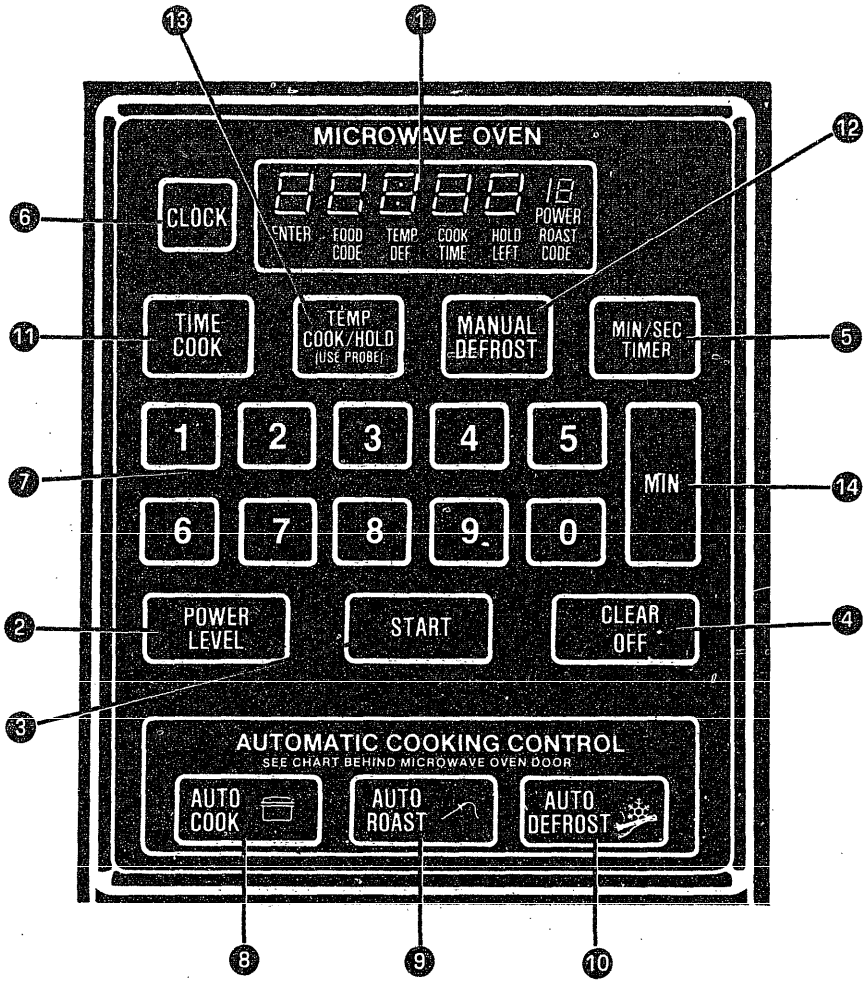
Model JKP67

Self-Cleaning Lower Oven

13. **Oven Set (Clean) Knob.**
14. **Oven "ON" Light.**
15. **Oven Temp (Clean) Knob.**
16. **Oven Cycling Light.**
17. **Automatic Oven Timer, Clock, Minute Timer.**
18. **Oven Timer (Clean) Dial.**
19. **Latch Release Button.**
20. **Latch.**
21. **Self-Cleaning Oven Clean Light.**
22. **Lock Light.**
23. **Model and Serial Numbers—** located at right side of lower oven frame.
24. **Shelf Support.**
25. **Oven Shelves.**
26. **Oven Frame.**
27. **Door Gasket.**
28. **Window.**
29. **Door Liner.**
30. **Broiler Pan and Rack.**
31. **Oven Light Switch—Door.**
32. **Oven Vent.**

Features of Your Touch Control Panel

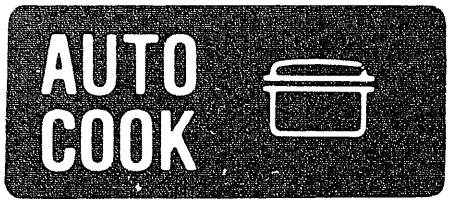
1. **DISPLAY.** Displays time of day, time or temperature during cooking functions, power level being used, cooking mode and instructions.
2. **POWER LEVEL.** Touch this pad before entering another power level number if you want to change from automatic Power Level 10 (HIGH) for cooking or Power Level 3 (LOW) for defrosting.
3. **START.** After all selections are made, touch this pad to start the oven. When touched, this pad responds slower than the other pads. This is normal. The delayed response is designed to help avoid accidental operation of the microwave oven.
4. **CLEAR/OFF.** When touched, it shuts off the oven and erases all settings (except time of day).
5. **MIN/SEC TIMER.** This feature uses no microwave energy. It functions as either a kitchen timer, as a holding period after defrost or as a delay timer before time or temperature cooking. (See page 25.)
6. **CLOCK.** Touch this pad to enter time of day or check time of day while microwaving. To set clock, first touch CLOCK pad and then enter time of day. For example, if time is 1:30, touch number pads 1, 3, and 0 and 1:30 will appear in display. "Start" will flash on display directing you to touch START thus setting the clock. To reset or change time, simply repeat above process.
7. **NUMBER PADS.** Touch these pads to enter cooking, defrosting time, time of day, temperature, Power Level, Auto Codes or food weights for Auto Defrost.
8. **AUTO COOK.** Touch this pad and then number pad for desired Code number, and oven automatically microwaves at pre-programmed power levels and determines the proper amount of cooking times until the food is done and oven shuts off. (See page 8.)



Model JKP67

9. **AUTO ROAST.** Insert Probe, touch this pad, and desired number pad for Code to slow-cook or temperature cook meat with automatic preset program. (See page 19.)
10. **AUTO DEFROST.** Touch this pad, then Code number and food weight. The oven automatically sets Power Levels and defrosting time. (See page 21).
11. **TIME COOK.** Microwave for a preset amount of time using automatic Power Level 10 (or change power level after entering cooking time. See page 23.)
12. **MANUAL DEFROST.** Gentle, generally uniform thawing at automatic Power Level 3, (or change power level after entering defrosting time. See page 22.)
13. **TEMP COOK/HOLD.** Use the temperature probe to cook by using a preset temperature. Once oven reaches preset temperature, it switches to HOLD setting and maintains that temperature until you touch the CLEAR/OFF pad. (See page 24.)
14. **MIN.** Use with number pads to enter whole minutes. For example, for 4 minutes touch 4 and MIN.

Automatic Cooking



The AUTO COOK pad may be used to eliminate your need to look up cooking time in the Cookbook or guessing how long to set cooking time. **By actually sensing the steam and aroma which escape as food microwaves, this feature automatically adjusts the oven's cooking time to various types and amounts of food.**

After touching the AUTO COOK pad, desired Code number and START, you will see the word AUTO on the display, which indicates that the sensor has been activated to sense steam and aroma from the food. To prevent the escape of steam and aroma from the oven, do not open the door while the word AUTO is on the display. If door is opened, ERROR appears. Close door and touch START immediately.

Setting 1, which is designed for easy reheating of foods, automatically turns the oven off as soon as the sensor detects steam from the foods. Other Auto Cook control settings, which are for fresh or frozen foods, need additional time after steam and aroma have been sensed. For these foods, the oven determines the amount of additional time needed, then automatically switches the oven to Time Cook for the necessary cooking time remaining. Oven beeps when it switches the oven to Time Cook (AUTO on display is replaced by numbers indicating cooking time), and oven door can be opened.

Be careful of steam when removing tight covers. When you remove cover, direct the steam away from hands and face.

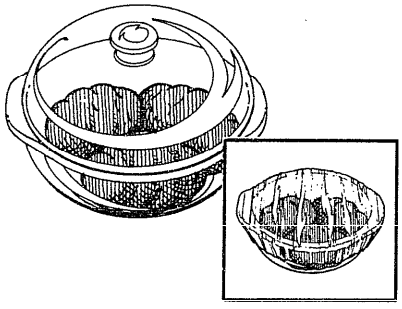
Be sure the outside of the cooking container and inside of microwave oven are dry.

A few foods need stirrring or rotating after partial cooking. Check the "Automatic Cooking Guide" section on page 11.

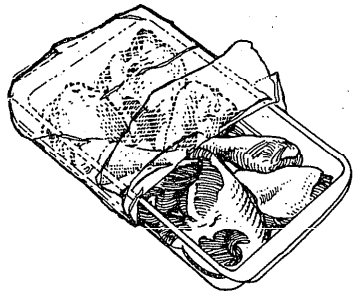
We suggest covering foods that tend to spatter to keep the interior of the oven clean. This also helps the food heat more evenly.

Note: Use of the DOUBLE DUTY™ shelf with Automatic Cooking is not recommended.

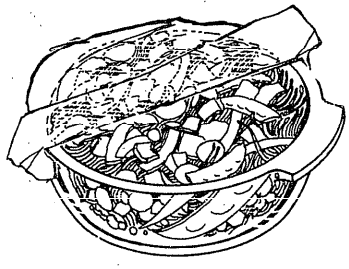
MATCH THE AMOUNT OF FOOD TO THE SIZE OF THE CONTAINER. FILL CONTAINERS AT LEAST ½ FULL. BE SURE THE OUTSIDE OF THE COOKING CONTAINER AND INSIDE OF MICROWAVE OVEN ARE DRY.



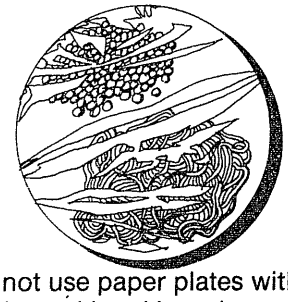
Use microwave-safe casseroles or bowls for entrees and vegetables. Cover with lid to dish. Wax paper or loose plastic wrap can also be used.



Use oblong or square containers for chicken or corn on the cob. Cover with wax paper or loose plastic to prevent spattering.



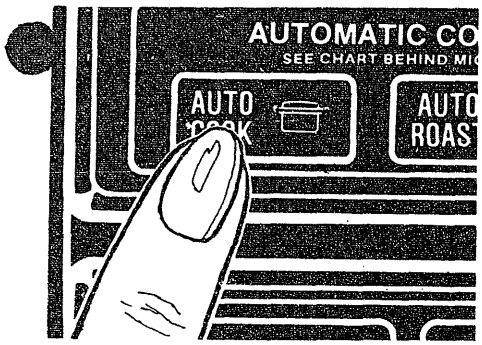
Follow control panel or Automatic Cooking Chart settings for casseroles. Cover casserole meat and vegetables with sauce. Cool hot ingredients or sauces. If not, use TIME COOK.



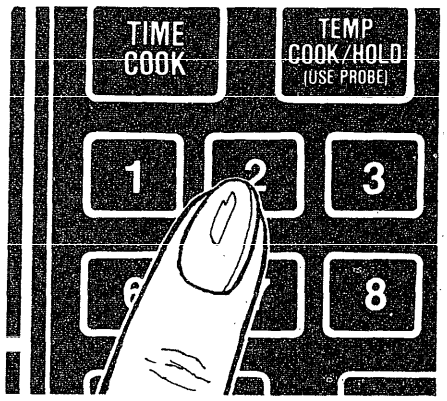
Do not use paper plates with automatic cooking. Use microwave-safe plates or bowls for reheating. Cover with plastic wrap or wax paper and tuck edges under dish (you can still use paper plates with regular Time Cooking, Defrosting, etc.).

Frozen Entrees in Paperboard Tray: Do not remove film over tray; remove tray from box. Thick entrees may need longer time. See chart on page 18. **Frozen Food in Metal Tray:** Remove foil, reinsert into box and close ends.

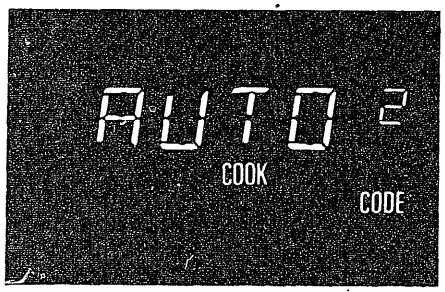
Example of How to Use Automatic Cooking



Place covered food in oven. Touch AUTO COOK pad. "Enter Code" flashes on display.



Touch number pad for desired code. Code 2 shows and "Start" flashes on display. Touch START.



Word AUTO shows on display, indicating steam sensor is activated. DO NOT OPEN DOOR. COOKING PERFORMANCE MAY BE AFFECTED.

Beep sounds when steam is sensed and AUTO is replaced by cook time. At this point, door may be opened to check foods if desired. When done, oven beeps and stops.

NOTE: Refer to Automatic Cooking Chart on oven when door is open and also on page 18 of this book.

Understanding Automatic Cooking Codes & Preference Control

Automatic cooking codes 1 through 9 are designed to give you easy automatic results with a number of foods.

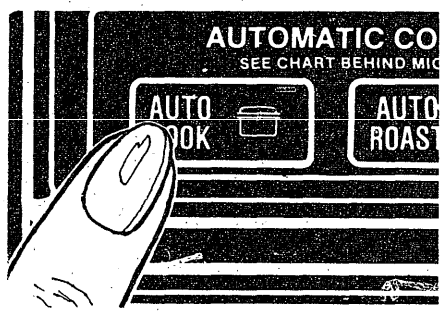
Codes are arranged in lowest to highest amount of power. For example, Code 1 gives least microwave cooking power, Code 2 gives more power than Code 1, Code 3 increases power over Code 2 and so on.

Code 1, which has the least power, is used for quick reheating jobs while the longer cooking foods like stew or chili use higher codes. A Cooking Chart and recipes, starting on page 11 give many tested uses for automatic cooking codes.

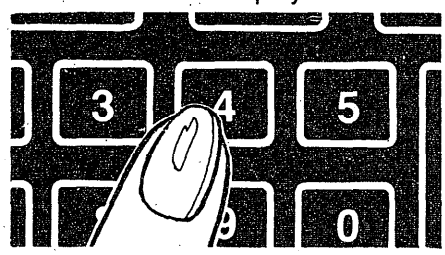
The Preference Control

Another feature to give you more flexibility in Automatic Cooking is the preference control, which can be used to "fine tune" the power of Codes 2 through 9. By simply adding a 1 after a Code, you can set the oven to cook using 20% less time than the code would regularly deliver. For example, if Code 4 cooks your vegetables more done than you like them, set Code 41 next time and you will get 20% less cooking time.

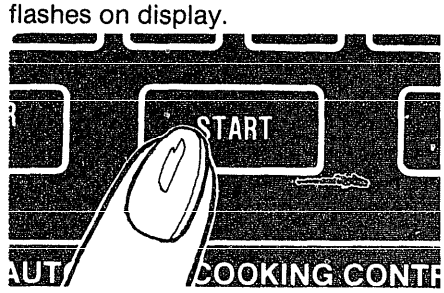
Likewise, if you wish slightly more time than a code delivers, add a 9 after the Code. For the vegetables in the example above, Code 49 would provide 20% more time for cooking than would the regular Code 4.



Touch AUTO COOK Pad. "Enter Code" flashes on display.



Touch number pads 4 and 1 in that order. Code 4 shows and "Start" flashes on display.



Touch START. AUTO shows on display. If you wish to check foods, open door after first oven signal. Close door and touch START.

Automatic Cooking Questions and Answers

Q. Why does my oven automatically cut off after the AUTO cycle when using Auto Cook Control Code 1 when it does not for other settings?

A. When using Code 1, there is no second phase of minutes counting down. All the cooking is completed in the first phase or AUTO.

Q. If the food is not completely cooked after using the suggested Code, what should I do?

A. Differences in recipes may result in different cooking times. Use Time Cook and Power Level 10 for a few minutes until completion or re-cover and use Auto Cook Code 1 if more time is needed.

Q. Do all fresh or frozen vegetables require a standing period after cooking with Auto Cook?

A. Most vegetables are cooked to a crisp state during Auto Cook, just as in regular microwaving. Therefore, it is recommended that you let the vegetables stand for up to 5 minutes depending on size and density of pieces. This standing time also enhances the overall flavor and appearance of most vegetables.

Q. What if I don't cover the dish in Auto Cook?

A. While cooking without the cover does not affect sensor performance, we suggest covering dishes that may spatter to keep the oven clean. Covering also helps foods heat evenly.

Q. Do the shapes and sizes of food make a difference when using Auto Cook?

A. Yes, in some cases, larger pieces will require additional Time Cooking. Be sure to check suggested arrangement of pieces in the dish, since proper arrangement is often a successful tip in regular microwaving.

Q. Should I use Auto Cook to cook pudding or sauces?

A. Most pudding and sauce recipes require stirring many times during cooking; therefore, Time Cook is recommended since you should not open the door during the AUTO phase of cooking without affecting end cooking results.

Q. My scalloped potatoes were not completely cooked when I removed the dish after Auto Cook. What is wrong?

A. If you prepared the sauce in the oven prior to combining the sauce with potatoes, there may have been too much remaining moisture in the oven. Make sure you dry the oven completely before using Auto Cook since this function operates properly by sensing steam and aroma in the oven. Also starting Auto Cook with hot foods creates steam and aroma in the oven too soon, and decreases the first sensing cycle.

Q. Are there any other foods which are best Time Cooked, rather than Auto Cooked?

A. Bakery foods, candies, melted chocolate or foods when a dry or crisp surface is desirable, are cooked best by Time Cook.

Q. Do fresh or frozen vegetables require water when using Auto Cook?

A. Yes. Add water to the vegetables as recommended on chart and cover well for even, complete cooking.

Q. Would my plastic containers with very tight fitting lids be appropriate for Automatic Cooking?

A. No, most types of plastic storage dishes, butter tubs, etc. with tight fitting lids are not recommended for microwaving. Also tight fitting lids may prevent adequate steam and aroma from escaping and food may not cook properly during Automatic Cooking.

Q. I tried to warm some chow mein noodles using Auto Cook. Why didn't this work?

A. Food must have some moisture in order to create steam which helps the auto sensor function. Extremely dry foods such as chow mein noodles, potato chips and other such foods do not have enough moisture.

Q. Should I use Auto Cook when I am cooking many foods in more than one dish or casserole?

A. No, because of different food densities, attention needed during cooking, and food amounts, it is best to use Time Cook when cooking many foods.

Automatic Cooking Recipe Guide

Automatic Cooking Control is a fully automatic electronic control system that lets your microwave oven do the cooking for you. The charts and recipes in this section are designed to help you make the most of this feature.

Standard cooking techniques require setting the oven for a specified cooking time or a selected finished temperature. And that means looking up recipes in a cookbook. . . trying to convert old recipes for microwave cooking. . .or just resorting to guesswork. This control method works on an entirely different basis—with a special electronic sensor that detects steam and aromas from cooking food. The oven "knows" how the food is cooking; so it can automatically set the correct cooking time and maintain the proper power level for different types and amounts of food. And it's adjustable to suit your individual taste.

Easy to Use

Simply touch two control pads—AUTO COOK and the desired Code number—and then START. A chart on the oven control panel gives a list of Codes for frequently prepared foods. The display shows AUTO until steam is sensed and then signals, and displays time counting down. During AUTO, oven should **not** be opened, but after oven signals, door may be opened to check foods if desired. Check the Automatic Cooking Chart for suggestions.

Appropriate containers and coverings help assure good cooking results. Containers should match in size to the size of the food being cooked. Coverings such as wax paper, the lid that came with the container, or microwave-safe plastic domes are ideal. For examples of containers and coverings, see page 8 and the following recipes.

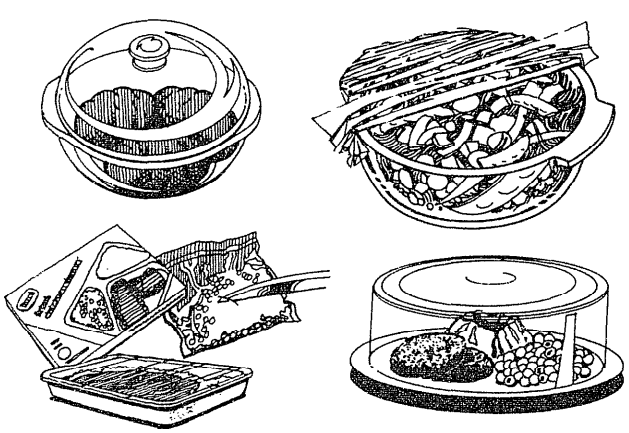
Preference Control

With Preference Control, you can adjust the Automatic Cooking Feature to your individual taste by adding either "1" or "9' after Code number. If after trying the suggested Code, you would prefer less cooking time, simply add the number "1" after the Code and the oven automatically lessens the cooking time by 20%. If you wish more cooking time, add "9" after the Code to increase cooking time by 20%

Automatic Roasting

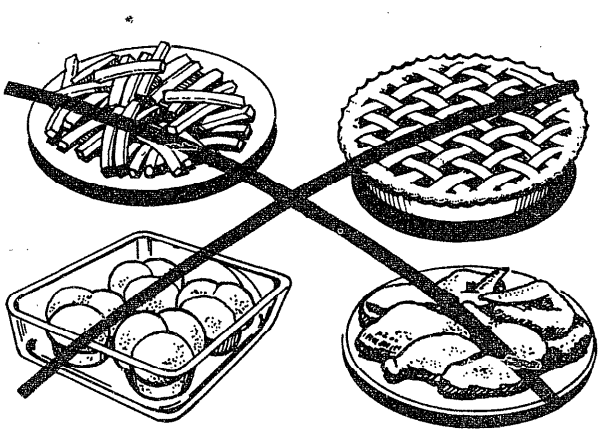
Automatic Roasting uses the temperature probe rather than the electronic sensor to cook meats evenly to the desired degree of doneness. The oven continually monitors the food's internal temperature. Unlike ordinary Temperature Cooking, the oven changes power levels two or three times depending on the degree of doneness during cooking to give you the best results automatically. Meat is cooked evenly, without toughening because lower power levels are used as the meat temperature rises thus cooking meats evenly while retaining the natural juices. After cooking the oven switches automatically to Hold for an hour. Food stays warm without overcooking.

Foods Recommended



A wide variety of foods including meats, fish, casseroles, vegetables, leftovers, and convenience foods can be Auto Cooked. Match container size with the food, cover securely, and do not open door while AUTO appears on display.

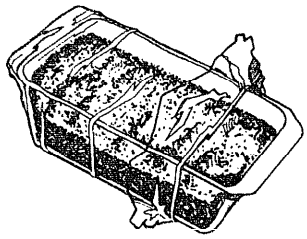
Foods Not Recommended



Recipes and foods which must be cooked uncovered, or which require constant attention, or adding ingredients during cooking should be microwaved by TIME COOK. For foods that microwave best using temperature probe, use TEMP COOK or AUTO ROAST. Foods requiring a dry or crisp surface after cooking cook best with TIME COOK.

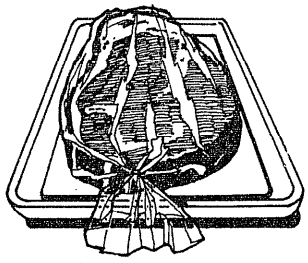
Automatic Cooking Main Dishes

Meat, Fish & Poultry

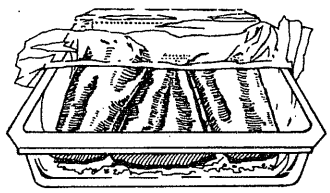


For meat and fish loaves use either the round or loaf microwave-safe containers. Fish loaves made with precooked or canned fish use Auto Cook Code 4. Beef loaf uses Auto Cook Code 8. Cover with plastic wrap. See the chart on following page for recipes.

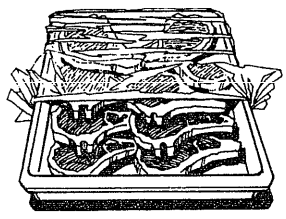
Chicken breasts and pieces, or turkey parts should be placed in a microwave-safe 8-in. square dish, 9 x 13 x 2-in. dish. Cover with wax paper. If cooking bag is used for whole chicken, shield breast bone with small strip of foil. Microwave using Auto Cook Code 6.



Chuck roasts should be placed in a cooking bag with ½ cup water and placed in microwave-safe dish. Cut bag to fit close to the size of the roast and tie open end securely. Cut a 1-1½" slit near the tie. Use Auto Cook Code 7.



Fish fillets, whole fish or seafood pieces should be in single layer in flat pie plate or oblong dish to fit. Cover with plastic wrap or wax paper. Use Auto Cook Code 4 for fillets and Auto Cook Code 2 for seafood pieces.



Pork chops automatically cook well in 8 x 12 x 2-in. dish. Cover with plastic wrap. Add barbeque sauce or other sauce on each chop. Microwave using Auto Cook Code 8.

Spare ribs and brisket should be automatically cooked in oblong glass container. Cover with plastic wrap. Make sure liquid covers meat. Microwave using Auto Cook Code 7.

How to Adapt Microwave Casserole Recipes

To adapt your casserole recipes for Automatic Cooking.

1. Select recipes that do not require adding ingredients at different stages during cooking or recipes that require extra attention, stirring or rotating.

2. Use microwave-safe containers that are appropriate in size to the food amount. Use 3 qt. containers or less.

3. For saucy casseroles, cover container with lid or wax paper. (No vents.) For cheese or crumb-topped casseroles, remove cover after oven signals and add topping, then continue cooking uncovered.

4. Allow precooked ingredients or hot sauces to cool slightly before adding other ingredients.

5. Meats and vegetables should be submerged in liquid.

Main Dish Recipes

Mexican Meatball Casserole

Auto Cook Code 6
Approx. Cooking Time—17 min.
Makes 6 to 8 Servings

1 lb. ground chuck
1/2 cup dry bread crumbs
1/8 teaspoon pepper
1/2 teaspoon salt
1 teaspoon chili powder
3 tablespoons dry minced onions
1 egg
3 tablespoons ketchup
1/2 cup instant rice
1 can (15½ oz.) kidney beans (undrained)
1 can (16 oz.) tomatoes, chopped and undrained
1 tablespoon chili powder
1 teaspoon salt

In large mixing bowl, place meat, bread crumbs, pepper, salt, chili powder, onion, egg and ketchup. Mix well and form into 12 balls. Arrange balls in a circle in 2 qt. casserole. Set aside.

In small mixing bowl place rice, beans, tomatoes and chili powder. Mix well and pour in center of casserole and over meatballs. Cover and microwave at Auto Cook Code 6.

Chicken Teriyaki

Auto Cook Code 9
Approx. Cooking Time—32 min.
Makes 4 Servings

1/4 cup soy sauce
1/3 cup honey
1/3 cup orange juice
1 whole chicken (about 3 lbs.)
2 tablespoons cornstarch
1 tablespoon water

In small cooking bag, mix soy sauce, honey and orange juice. Add chicken to bag and tie with plastic tie. Turn chicken on its side in 12 x 8 x 2-in. dish. Marinate 1 hour on each side. Place bird breast side up in dish. Slash bag near closure. Microwave on Auto Cook Code 9. When oven signals, remove chicken and prepare Teriyaki sauce. In 1-pt. glass measuring cup stir together water and cornstarch. Cut off one corner of cooking bag with scissors and drain juices into cup. Microwave at High (10) 2 minutes. Remove chicken from bag to serving platter. Pour sauce over chicken just before serving.

Chicken and Rice

Auto Cook Code 9
Approx. Cooking Time—25 min.
Makes 6 Servings

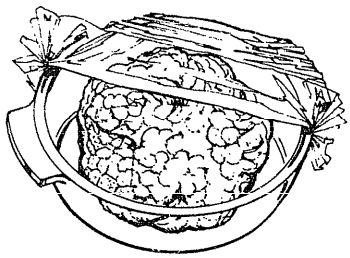
1 can (10-1/2 oz.) condensed cream of mushroom soup
1-1/4 cups milk (1 soup can full)
3/4 cup instant rice
1 can (4 oz.) mushrooms, stems and pieces, drained
1 pkg. (1-1/2 oz.) dry onion soup mix
1 cut up chicken (about 3 lbs.)

In small mixing bowl mix soup and milk; reserve 1/2 cup of the mixture. Blend remaining soup mixture, rice, mushrooms and half of the onion soup mix. Pour into 12 x 8 x 2-in. glass dish.

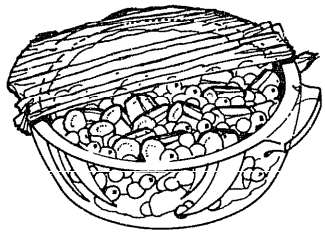
Place chicken pieces on rice mixture, arranging with meatiest pieces to outside of dish. Pour reserved soup mixture over chicken and sprinkle with remaining soup mix. Cover with wax paper and tuck under dish. Microwave at Auto Cook Code 9.

Automatic Cooking Vegetables

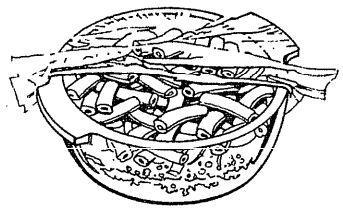
Fresh or Canned Vegetables



Whole or large halves of vegetables such as cauliflower or squash use Auto Cook Code 4. Use round or square container close to the size of vegetable. Add ½ cup water. Cover with lid or plastic wrap.

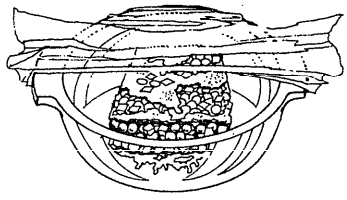


Pieces or slices of vegetables require ¼ to ½ cup of water. Use appropriate size covered container. Set Auto Cook Code 4. Dry root vegetables like carrots may need to be stirred after oven signals and time remaining appears on display. Re-cover and touch START to finish cooking.

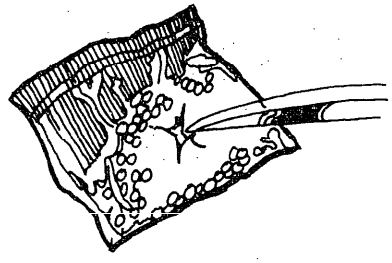


Precooked/canned vegetables should be placed in round container similar in size to amount being cooked (at least half full). Microwave on Auto Cook Code 2. Stir before serving.

Frozen Vegetables



Block or loose pieces of frozen vegetables should be placed in suitable size container (at least half full) with lid or plastic wrap. Add 1 or 2 tablespoons water. Set Auto Cook Code 2. See Auto Cook Chart for lima beans.



Pouches of frozen vegetables should be slit ½" in center before placing directly on oven floor. Set Auto Cook Code 3.

Vegetable Recipes

Stir Fry Vegetables

Auto Cook Code 4
Approx. Cooking Time—16 min.
Makes 4 Servings

- 1 tablespoon oil
- 1 tablespoon soft butter
- 3 medium onions, quartered
- 1 small green pepper, cut in 1/4-in. wide strips
- 2 cups thinly-sliced cabbage
- 2/3 cup carrots, sliced diagonally
- 1/4 cup (1 bunch) sliced green onions
- 1 cup broccoli flowerets
- 1 cup cauliflower flowerets
- 2 stalks celery, sliced diagonally

Toss vegetables with oil and butter in 2 qt. microwave-safe casserole. Cover. Microwave on Auto Cook Code 4 stirring well when oven signals and time remaining appears on display. Serve immediately.

Summer Garden Stew

Auto Cook Code 6
Approx. Cooking Time—51 min.
Makes 6 to 8 Servings

- 1 large zucchini, cubed
- 3 large potatoes, peeled and cubed
- 4 large carrots, coarsely grated
- 1 medium onion, cut in pieces
- 1/2 small head of cabbage, sliced
- 1 can (10¾ oz.) cream of celery soup
- 1 can (10¾) cream of mushroom soup
- 1 block (8 oz.) pasteurized processed cheese, cubed
- 2 cans (4 oz. each) mushroom pieces
- 1 pound smoked sausage, sliced in 1-inch pieces

In a 4 qt. casserole dish, mix all ingredients together until well blended. Cover. Microwave on Auto Cook Code 6.

Mexican Zucchini Lasagna

Auto Cook Code 6
Approx. Cooking Time—35 min.
Makes 8 to 10 Servings

- 1 large zucchini
- 1-1/2 pounds ground chuck
- 1/4 cup green onions, thinly sliced
- 1 can (15 oz.) tomato puree
- 1 can (4 oz.) green chilies, drained and chopped
- 1/4 teaspoon ground cumin
- 1 teaspoon Italian seasoning (optional)
- 1 can (6 oz.) ripe olives, chopped and drained
- 12 oz. Ricotta or cottage cheese
- 1/2 cup grated Romano cheese
- 1 egg
- 2 tablespoons flour
- 4 oz. Mozzarella cheese
- 1/4 cup grated Romano cheese
- 1 cup (8 oz.) sour cream (optional)

Wash zucchini and cut into 1/8-inch lengthwise slices. In 12 x 8 x 2-in. dish, place 1/2 of slices. In 2-qt. casserole, place ground chuck, onions, tomato puree, green chilies, cumin, Italian seasoning, and olives. Set aside.

In small bowl, mix together Ricotta, Romano cheese, and egg.

Sprinkle flour on zucchini in dish, layer half of Ricotta mixture, then meat sauce and Mozzarella. Repeat, sprinkle with Romano cheese. Cover with plastic wrap, vent corner, and microwave on Auto Cook Code 6. Serve with sour cream, if desired.

Green Rice

Auto Cook Code 6
Approx. Cooking Time—16 min.
Makes 4 to 6 Servings

- 1 pkg. (10 oz.) frozen chopped spinach, thawed and well drained
- 1-1/2 cups cooked rice
- 1 cup water
- 1/4 cup butter, melted
- 1/4 cup finely chopped onion
- 1 cup milk
- 1 egg, beaten
- 1/2 teaspoon salt
- 1 cup shredded cheddar cheese

To cooked rice, add spinach, butter, onion, milk, egg, salt and cheese. Mix well. Cover and microwave at Auto Cook Code 6. Let stand 5 minutes covered before serving.

Country Style Yellow Squash

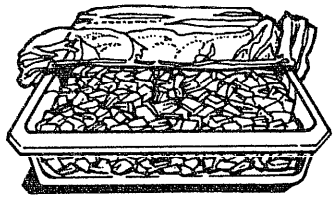
Auto Cook Code 6
Approx. Cooking Time—11 min.
Makes 4 to 6 Servings

- 1 teaspoon salt
- 2 pounds yellow squash, cubed
- 1/4 cup yellow onion, chopped
- 1/4 cup butter, melted
- 1/4 teaspoon pepper
- 1/4 teaspoon basil
- 3 slices fresh bread, cubed
- 1/2 cup shredded cheddar cheese
- 1 cup sour cream
- 8 strips crisply cooked, crumbled bacon

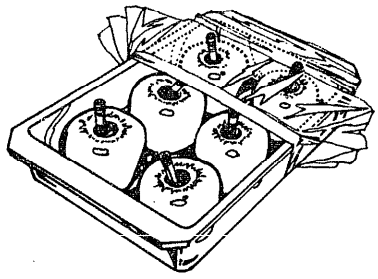
In 2 qt. glass dish, mix together all ingredients, using 1/2 of crumbled bacon. Sprinkle top with remaining bacon. Cover. Microwave on Auto Cook Code 6.

Automatic Cooking Fruits & Desserts

Fruits



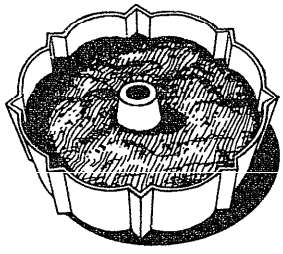
Pineapple Casserole is a tangy dessert or meat accompaniment. In 12 x 8 x 2-in. dish spread 2 cans (20 oz. ea.) drained pineapple chunks, 1 cup sugar and ½ cup flour. Top with mixture of 2 cups buttery-flavored cracker crumbs and ½ cup melted butter. Cover with wax paper and cook on Auto Cook Code 5.



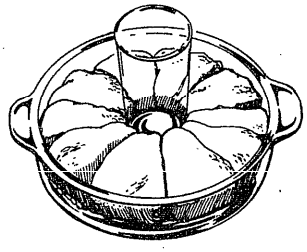
Baked Appies automatic cook well using Auto Cook Code 2. Match number of apples to size of microwave-safe covered container. Use Auto Cook Code 2 for Baked Pears also.

Stewed Fruit and Fruit Compotes should be stirred well before microwaving, especially if sugar is added. Cover; use Auto Cook Code 2 and stir once or twice after oven signals and time appears on display. Touch "Start" and finish cooking.

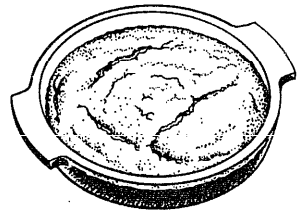
Desserts & Breads



Nut Topped Cakes are easy to cook automatically. Grease bottom and sides of microwave-safe fluted cake container and sprinkle bottom evenly with 1/3 cup chopped nuts or coconut. Carefully pour batter from one box (2-layer size) cake mix over nuts, cover with wax paper. Microwave on Auto Cook Code 91. Let stand 10 minutes before inverting to cool.



Caramel Biscuit Ring: Spread ¼ cup melted butter and ½ cup brown sugar in 8-in. round glass dish. Sprinkle with cinnamon and ½ cup chopped nuts if desired. Arrange 1 can (10 oz.) refrigerated biscuits around edges and place drinking glass, open end up, in center. Cover with plastic wrap. Microwave on Auto Cook Code 3. Invert onto serving plate, letting dish stand over ring a few minutes before removing.



Bacon and Cheese Topped Cornbread: Distribute 1/2 cup chopped crisp fried bacon and 1 tablespoon Parmesan cheese in greased 8-in. round glass dish. Carefully pour batter from 1 pkg. (8½ oz.) cornbread mix over above ingredients. Cover with wax paper. Microwave on Auto Cook Code 3. Let stand 5 to 10 minutes before inverting.

Dessert Recipes

Easy Chocolate Cake

Auto Cook Code 91
Approx. Cooking Time—18 min.
Makes 1 (10-in.) Tube Cake

- **1 pkg. (2-layer size) Devil's Food cake mix**
- **3 eggs**
- **1/2 cup cooking oil**
- **1-1/3 cups water**
- **1/4 cup finely chopped pecans**

In large bowl place cake mix, eggs, oil and water. Blend on medium speed of mixer, about 2 minutes, until smooth and creamy.

Lightly grease a 16 cup plastic microwave fluted or straight-sided ring mold. Sprinkle chopped nuts evenly over bottom. Pour batter over nuts.

Cover with wax paper tucked under dish and microwave on Auto Cook Code 91. Let stand in dish 5 minutes before turning out.

Cherry Cobbler

Auto Cook Code 3
Approx. Cooking Time—16 min.
Makes 6 to 8 Servings

- **1 can (20-22 oz.) prepared cherry pie filling**
- **2 cups dry yellow or white cake mix (1 pkg. [9 oz.] or 1/2 pkg. [17 oz.])**
- **1/4 cup melted butter**
- **1/2 cup coarsely chopped nuts**
- **1 teaspoon ground cinnamon**

In 8-in. square glass dish, spread pie filling.

In small bowl, mix together cake mix, butter, nuts, and cinnamon until crumbly. Sprinkle evenly over cherries or, in three rows so cherries are visible. Cover with wax paper and tuck under dish. Microwave on Auto Cook Code 3.

Pineapple Upside Down Cake

Auto Cook Code 3
Approx. Cooking Time—10 min.
Makes 1 (8-in. round) Cake

- **1/4 cup butter**
- **1/3 cup brown sugar (packed)**
- **1 can (8-1/4 oz.) pineapple slices**
- **4 maraschino or candied cherries, cut in half**
- **3/4 cup all purpose flour**
- **1/2 cup sugar**
- **1-1/2 teaspoons baking powder**
- **1/4 teaspoon salt**
- **1/4 cup soft shortening**
- **1 egg**
- **1/3 cup liquid from pineapple**
- **3/4 teaspoon vanilla extract**

In 8-in. round dish place butter. Microwave at HIGH (10) for 1 minute until melted. Sprinkle sugar over butter. Drain pineapple (save liquid) on paper towels and arrange in dish. Decorate with cherries. Place a custard cup, open side up, in center of dish.

In small mixer bowl place flour, sugar, baking powder, salt, shortening, egg, liquid and vanilla. Beat 3 minutes on lowest mixer speed, scraping bowl constantly first 1/2 minute. Carefully spread batter over fruit in dish. Cover with wax paper and tuck under dish. Microwave on Auto Cook Code 3.

Automatic Cooking Control Chart

Use of the DOUBLE DUTY™ shelf with Automatic Cooking is not recommended.

- Do not open door during Auto cycle. Door may be opened after oven beeps and the countdown time is displayed.
- Match the amount of food to the size of the container. Fill containers at least ½ full.
- Add ¼ to ½ cup water to fresh vegetables.
- Most foods should be covered with lid to dish or wax paper to prevent spattering to keep oven clean. Fish, seafood, spare ribs, and meatloaf sould be covered tightly to ensure even cooking.
- Be sure outside of container and inside of oven are dry.
- If food needs additional cooking, return to oven and use Auto Cook Code 1.
- Use preference control "1" or "9" to adjust cook times to suit your individual tastes.

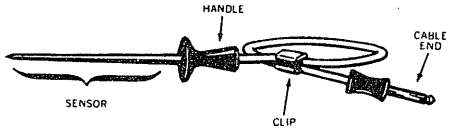
Food	Auto Cook Code	Container	Approx. Time	Comments
Canned Foods Thin foods such as soup, broth, gravy	1	Microwave-safe container matched to size of food	2-3 min./cup	Cover with lid to dish or wax paper.
Thick foods such as canned ravioli, chunky soups, beef stew, all canned vegetables	2	"	4 min./cup	"
Leftovers	2	"	4 min./cup	"
TV Dinners (except for those with pasta)	4	Cook in container (See comments)	8-10 min.	If foil tray is no more than 3/4" deep, remove foil top, return to original box and reclose box. If tray is more than 1" thick, remove food and place in microwave safe dish and cover. If dinner is in paper board container, remove from box and cook in original container. If dinner has cake or brownies, remove before cooking.
Frozen Entrees Such as lasagna, meat & potatoes	4	"	8-10 min. depending on size	
TV Dinners With pasta such as macaroni & cheese, spaghetti, mexican dinners with burrittos or enchiladas	3	"	8-10 min.	
Casseroles With precooked ingredients in a white sauce such as tuna noodle casserole, turkey tetrazinni	4	2-3 qt. casserole with lid to dish	12-16 min.	
All others with precooked ingredients such as franks and beans, chow mein	5	"	18-22 min.	
With raw ingredients such as hamburger patty stew, hamaghetti casserole, scalloped potatoes, seafood casseroles	6	"	16-24 min.	
Chili	9	3 qt. casserole with lid to dish	25-40 min.	
Meats and Seafood Chicken pieces (up to 3 lbs.)	6	12 x 8 x 2-in glass dish	8-20 min.	Cover with wax paper to prevent spatters.
Fish Fillets (1 lb.)	4	"	6-9 min.	"
Meatloaf (1½ lb.)	8	glass loaf dish	30-35 min.	Cover tightly with plastic wrap to cook evenly.
Hamburger patties (4-5)	4	12 x 8 x 2-in. glass dish	7-9 min.	Cover with wax paper.
Sausage patties (1 lb.)	5	"	7-9 min.	Cover with wax paper.
Pork chops (4-1" thick)	8	"	11-17 min.	Baste with barbeque sauce. Cover with plastic wrap.
Spare ribs (up to 3 lb.)	7	13 x 9 x 2-in. glass dish	1 hr. 30 min. to 1 hr. 45 min.	Cover tightly with plastic wrap to cook evenly.
Swiss steak (1½ lb.)	7	2 qt. casserole with lid	60-75 min.	
Chuck roast (up to 5 lbs.)	7	13 x 9 x 2-in. glass dish	65-90 min.	Place in cooking bag with ½ cup water. Slit bag 1".
Shrimp (up to 1 lb.)	2	1½ qt. glass dish with lid	4-6 min.	Cover tightly to ensure even cooking.
Rice Regular, raw, 1 cup	6	2 qt. casserole with lid	21-28 min.	Follow instructions on rice package.
Instant, 1 cup	2	"	5-8 min.	"
Vegetables Fresh such as carrots, artichokes, cauliflower, broccoli, brussel sprouts (1 lb.)	4	2 qt. casserole with lid	10-15 min.	Add ¼ to ½ cup water.
Baking potatoes—2-4	6	None	8-16 min. depending on number	Pierce with fork and place on oven floor.
Frozen block such as peas, green beans, spinach, broccoli.	2	1½ qt. casserole with lid	8-10 min.	Add 2 tablespoons water.
Lima beans	3	"	12-13 min.	Add ¼ cup water.
Frozen pouch such as broccoli in cheese sauce, corn, peas	3	Lay pouch on microwave safe dish.	7-9 min.	Make 1" slit in pouch.
Fruit Baked apples—4	2	2 qt. casserole with lid	12-14 min.	Core apples and fill with butter and brown sugar.

Automatic Roasting

See Auto Roast Chart on page 20.

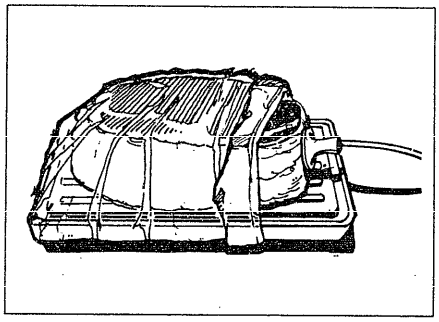
AUTO ROAST

Auto Roast uses the temperature probe to cook to the desired serving temperature. Unlike Temp Cook/ Hold, which uses a single power level, Auto Roast is designed to use up to 3 power settings which automatically switch during roasting, for even and tender cooking results without overcooking.

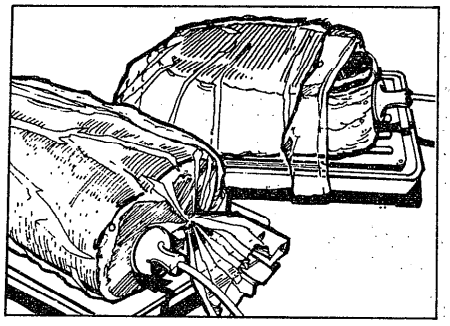


Just as in conventional roasting, only tender roasts should be Auto Roasted until specified internal temperatures are reached. Less tender roasts should be microwaved by time, according to the Cookbook which comes with your oven. Complete information on preparing roasts for microwaving is in your Cookbook.

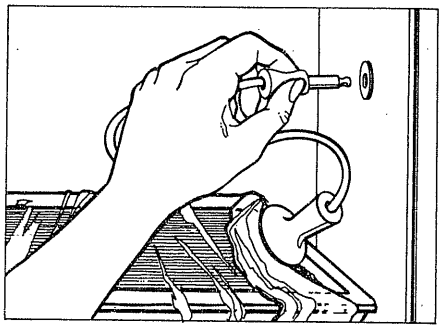
How to Prepare Roasts for Auto Roasting



Place tender beef roasts on trivet in microwave-safe dish. Insert probe from the front horizontally into center meaty area not touching bone or fat. Cover with wax paper.

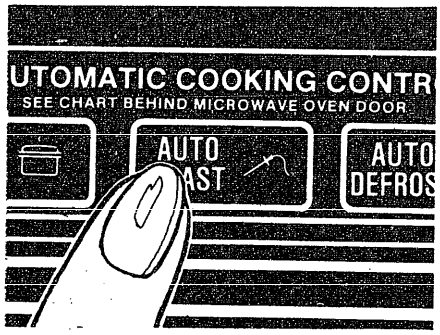


Poultry, pork or ham roasts need no trivet. Add ½ cup water to roast dish, cover with plastic wrap. (For cooking bag method, see cookbook.) Insert probe into center meaty area.



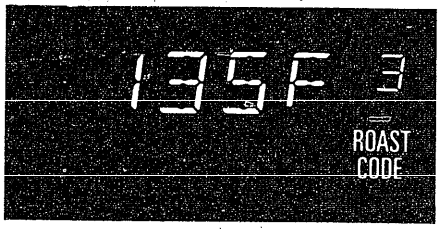
Place meat in oven with probe to the right. Insert cable end of probe firmly into receptacle on oven wall.

How to Auto Roast Beef to Medium

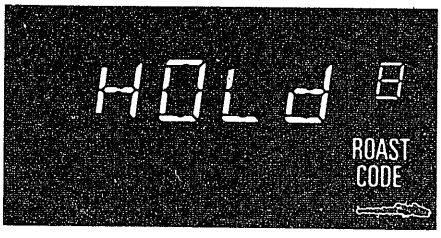


Step 1: Touch AUTO ROAST Pad. Display flashes "Enter Code". Touch number pad 3. "START" flashes. Touch START. Display shows AUTO.

Step 2: At 80°, display switches to show meat's internal temperature.



Step 3: Oven monitors internal temperature, automatically switching to lower power as meat's temperature rises. This helps prevent toughening or overcooking.



Step 4: After temperature is reached, oven switches to HOLD for 1 hr., then shuts off. Hold prevents overcooking while keeping meat warm.

Auto Roast Chart

Food	Code	Final Temp	Approx. Time (Min. per lb.)	Hold* Minutes
Beef				
Tender Roast				
Rare	2	125°	12-14	5-10
Medium	3	140°	14-16	10-15
Well	4	170°	17-18	30
Meatloaf (loaf or round)	4	170°	15-20	5-10
Pork				
Loin Roast	4	170°	18-20	20
Precooked Ham	1	115°	11-14	5-10
Poultry				
Whole Chicken (3 lb.)	5	190°	13-15	20
Whole Turkey (up to 12 lbs.)	5	190°	13-15	20
(Insert probe into meatiest area of inner thigh from below end and parallel to leg.)				
Turkey Breast	4	170°	13-15	20
(Insert probe horizontally into meatiest area.)				

*Recommended standing time before serving.

Questions and Answers

Q. Why wasn't my roast fully cooked even though the temperature on the display was correct and Auto Roast was completed.

A. The temperature probe must be properly inserted when you Auto Roast. Check your Cookbook to see what you might have done wrong.

Q. Do some types of trivets work better than others?

A. Yes. Flat glass trivets generally provide more browning to the bottom of meats than plastic trivets. Also, ceramic ridge-bottomed roasting dishes usually work well. Plastic trivets may require meat to be turned over more often than glass trivets do because the grid design and legs let the bottom of the meat stay cooler than glass trivets do.

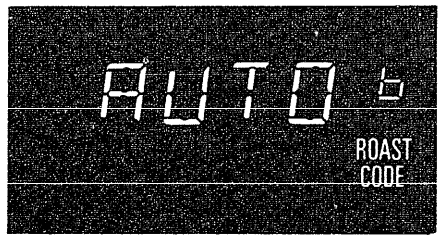
Q. When I'm cooking with Auto Roast, why doesn't my roast continue to cook during the holding time?

A. When your food reaches finished temperature, the oven automatically switches to a lower heat level. The even temperature that's maintained in the food during this holding period keeps it warm without overcooking.

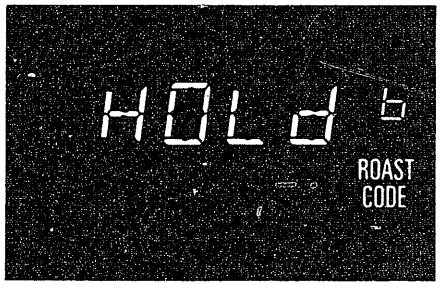
Automatic Simmer

(Auto Roast Code 6)

Here's how to Automatic Simmer a few popular foods. See your Cookbook for more cooking charts, recipes and techniques.



Set Auto Simmer like you do Auto Roast except touch number pad 6. Display shows AUTO until food is 80°, then switches to show temperature until food reaches 180°.



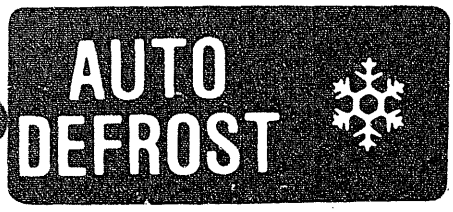
Oven switches to HOLD when food's internal temperature reaches 180° and maintains that temperature until food is done. If stirring is recommended, you can reset the oven by retouching START. Touch CLEAR/OFF when cooking is finished.

Automatic Simmer Chart

Food	Approximate Time/Hrs.
Beef	
Pot Roast*	6-8
Stew	6-8
Chili	11-13
Chicken*	
Stewing	11-12
Broiler/Fryer	4-6
Ham or Pork	
Roast	4-6
Soup	
Stock/Vegetable	3-6
Split Pea	13-15

*For frozen, add 2 to 3 hours.

Automatic Defrosting



Your microwave oven automatically calculates defrosting time, changes power levels during defrosting, tells you when to turn your food, and holds food for a short time after defrosting time is up to finish the thawing of the inside of the food.

Here's what you do:

Before You Start to Auto Defrost

First, check the Auto Defrost chart below or the one at the bottom of the oven when you open the door. They show minimum and maximum food weights for each code number.

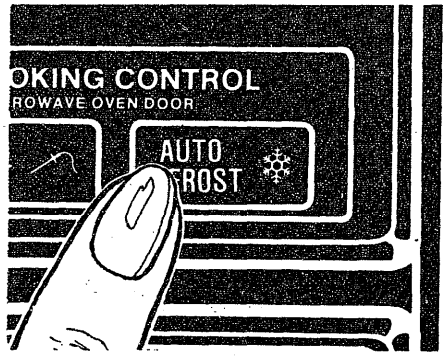
Then, if your food's weight is stated in pounds and ounces, use the chart below to convert ounces to tenths (.1) of a pound.

Conversion Chart

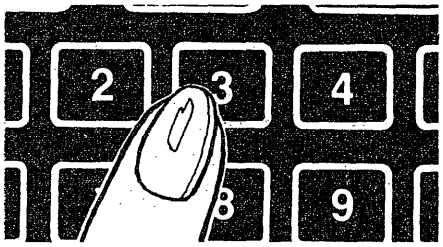
1 to 2 ounces	= .1 pound
3 ounces	= .2 pounds
4 to 5 ounces	= .3 pounds
6 to 7 ounces	= .4 pounds
8 ounces	= .5 pounds
9 to 10 ounces	= .6 pounds
11 ounces	= .7 pounds
12 to 13 ounces	= .8 pounds
14 to 15 ounces	= .9 pounds

How to Auto Defrost

Step 1: Place frozen food in a microwave-safe dish, put it in the oven and close the door. (Food frozen in paper or plastic can be defrosted in the package.



Step 2: Touch AUTO DEFROST pad. "Enter Code" flashes on display.

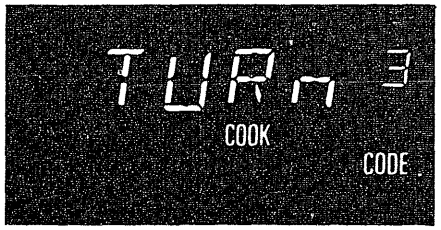


Step 3: Enter selected code from chart. For example, ground beef calls for Code 3.

Step 4: Enter weight. For example, touch number pads 3 and 0 for weight of 3 pounds. Display shows 3.0, Code 3, and "Start" flashes.

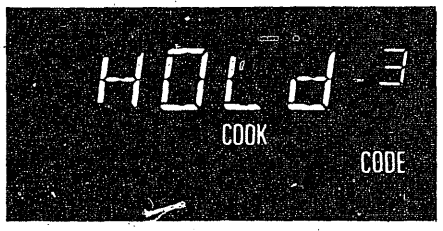
Note: If ERROR appears after you enter food weight, check the Code Chart to make sure weight corresponds to the code number you entered.

Step 5: Touch START pad. Defrost time begins counting down on display.

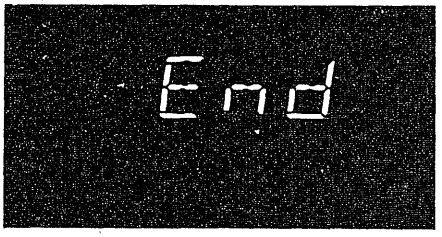


Step 6: When half the defrosting time is up, the oven signals and "TURN" flashes in the display. Open the door and turn your food over.

Step 7: Close the door and touch the START pad—defrosting will not continue until you do. Display shows remaining defrosting time counting down.



Step 8: When defrosting time is up, oven automatically switches to a HOLD period (5 seconds for Code 3). HOLD shows in display.



Step 9: When holding time is up, the oven signals, "END" flashes, and the oven turns off.

Automatic Defrosting Chart

Recommended Foods	Code	Min.-Max Weight	Hold Time*
Chicken Pieces	1	.5 to 4.9 pounds	5 seconds
Fish	2	.5 to 3.9 pounds	5 seconds
Ground Beef	3	.5 to 5.9 pounds	5 seconds
Roasts, bone in	4	3.0 to 5.9 pounds	20 minutes
Roasts, boneless	5	3.0 to 5.9 pounds	20 minutes
Steaks and Chops	6	.5 to 3.9 pounds	5 seconds

*In Auto Defrost, it is necessary to let the meat stand during holding time to finish defrosting. You may take the meat out of the oven at this time if you prefer.

Q. I entered Auto Defrost Code 1, then the number 4 for 4 pounds of chicken. The display flashed START but when I touched the START pad, "ERROR" flashed. Why?

A. You must enter 4 (for pounds) and 0 (for ounces). Touch CLEAR/OFF and begin again. "ERROR" will also flash if a wrong weight for a particular code is entered.

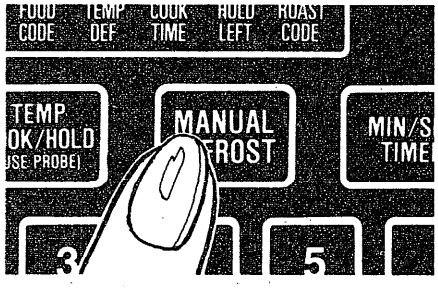
Manual Defrosting

The Defrost setting is designed for even thawing necessary for large amounts of food and is one of the most important advantages of a microwave oven.

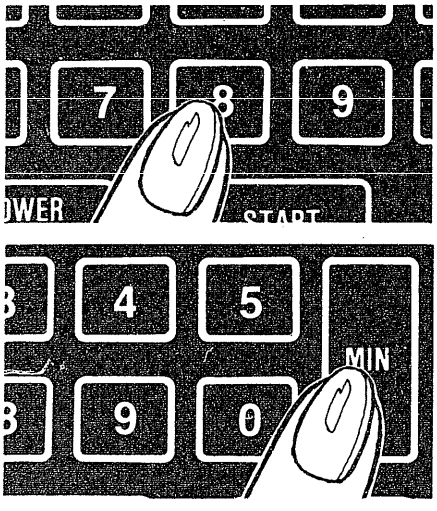
- Power Level 3 is automatically set for defrosting, but you may change this for more flexibility.
- See your Cookbook for defrosting help.

To become better acquainted with the defrost functions, defrost frozen pork chops by following the steps below.

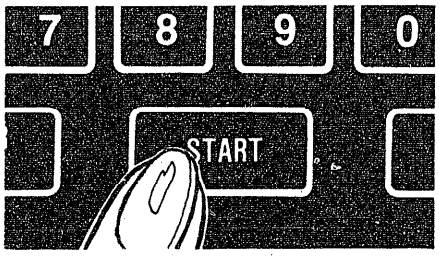
Step 1: Place package of frozen chops in the oven and close door.



Step 2: Touch MANUAL DEFROST. Display reads :0 and Power 3. "Enter Def Time" flashes.



Step 3: Touch number pad "8" then MIN Pad. "Def Time", 8:00 and Power 3 are displayed.



Step 4: Touch START. "Def Time Left" shows and time counts down on display. When cycle is completed, "END" flashes, the oven signals and automatically shuts off.

Step 5: Turn package over, close door and repeat Steps 2, 3 and 4.

Step 6: When oven signals, "END" flashes and oven shuts off. Remove package and separate chops to finish defrosting.

Defrosting Tips

- Foods frozen in paper or plastic can be defrosted in the package.
- For even defrosting, many foods need to be broken up or separated part of the way through the defrosting time.
- Homemade dinners can be frozen in shallow foil trays and heated for later use. (Do not heat on DOUBLE DUTY™ shelf.) Select foods which microwave well.
- Pre-packaged frozen dinners can be defrosted and microwave cooked.
- Check your Cookbook for other defrosting tips.

Questions and Answers

Q. When I press START, I hear a dull thumping noise. What is it?

A. This sound is normal. It is letting you know the oven is using a Power Level lower than HIGH.

Q. Can I Defrost small items in a hurry?

A. Yes, but they will need more frequent attention than usual. Raise the Power Level after entering the time by touching POWER LEVEL and 7 or 10. Power Level 7 cuts the time about in ½; Power Level 10 cuts the time to approximately ⅓. During either, rotate or stir food frequently.

Q. Can I open the door during DEFROST to check on the progress of my food?

A. Yes. You may open the door at any time during microwaving. To resume defrosting, close the door and press START.

Q. Why don't the defrosting times in the Cookbook seem right for my food?

A. Cookbook times are average. Defrosting time can vary according to the temperature in your freezer. Set your oven for the time indicated in your Cookbook. If your food is still not completely thawed at the end of that time, re-set your oven and adjust the time accordingly.

Q. Can I select a Power Level other than automatic Power Level 3 for defrosting.?

A. Yes. Some smaller foods may be defrosted quicker on higher Power Levels but for even, carefree defrosting, Power Level 3 is suggested. Check the chart in the Cookbook for specific times and Power Levels.

Q. When I'm entering minutes with no seconds do I need to touch "0" then "0"?

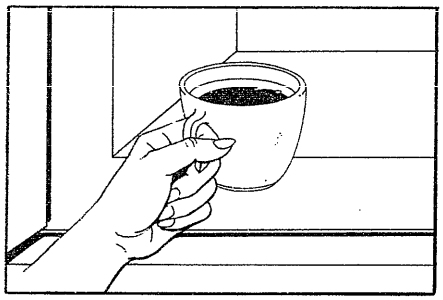
A. No. You touch the number pad then the MIN Pad which automatically enters two "00".

Cooking by Time

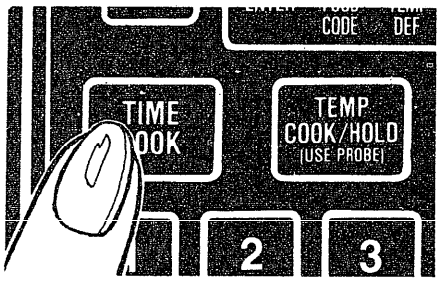
The Time Cook feature allows you to preset the cooking time. The oven shuts off automatically.

Power Level 10 is automatically set for time cooking, but you may change this for more flexibility. See your Cookbook.

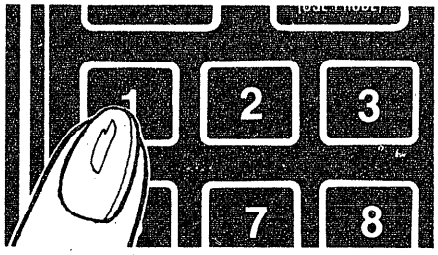
To become better acquainted with Time Cook function, make a cup of coffee by following these steps below.



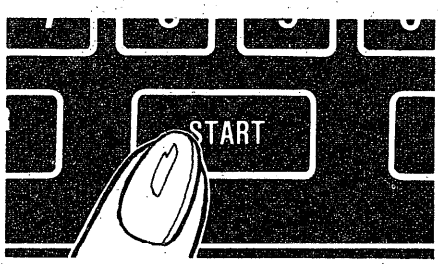
Step 1: Fill a cup 2/3 full of water and add 1 teaspoon of instant coffee. Use a cup that has no metal decoration. Place cup in oven and close door.



Step 2: Touch TIME COOK. The display shows :0 and Power 10. "Enter Cook Time" flashes.



Step 3: Select your time. Touch 1, 2, and 0 for a minute and 20 seconds. "Cook Time", Power 10, and 1:20 appear on the display. If another Power Level is desired, touch POWER LEVEL and the number although Power Level 10 (HIGH) is preferred for this cup of coffee.



Step 4: Touch START. "Cook Time Left", Power 10, and time counting down show on display.

Step 5: When time is up, oven sounds 3 times. Display flashes "END". Oven, light, and fan shut off.

Questions and Answers

Q. I set my oven for the time called for in the recipe but at the end of the time allowed, my dish wasn't done. What happened?

A. Since house power varies due to time or location, many Time Cook recipes give you a time range to prevent overcooking. Set the oven for minimum time, test the food for doneness, and cook your dish a little longer, if necessary.

Q. I want to cook my dish on a Power Level other than HIGH, what do I need to do?

A. To change the Power Level, touch the POWER LEVEL pad. "Enter Power" flashes on the display panel. Enter the desired number.

Q. Can I interrupt my Time Cook function to check the food?

A. Yes. To resume cooking, simply close the door and touch START. NOTE: Microwave power will not come on until you are ready. You must touch START for cooking to begin.

Q. I touched the number pads and selected my power level. When I touched START, however, my oven didn't come on. Why not?

A. The TIME COOK pad must be touched before setting the number pads or else your oven will not begin cooking.

Cooking by Temperature

For many foods, internal temperature is the best test of doneness.

Roasts or poultry are cooked to your preference when temperature cooking. Heating or reheating foods accurately to a serving temperature you desire is simple and easy.

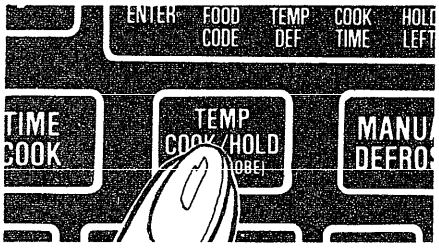
Temp Cook/Hold takes the guesswork out of cooking because the oven automatically switches to HOLD setting after reaching the preset food temperature and maintains that temperature until you touch the CLEAR/OFF pad.

The Temperature Probe

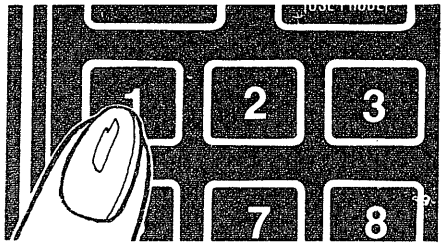
The temperature probe is a food thermometer that gauges the internal temperature of your food; it must be used when using Temp Cook/Hold or Auto Roast. Follow the directions for use and insertion on page 19.

How to Temp Cook a Rolled Beef Rib Roast to Medium

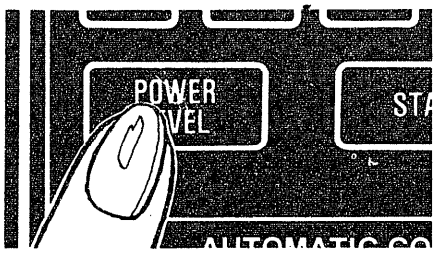
Step 1: Insert temperature probe as directed in Cookbook and attach probe securely in oven wall. Close the door.



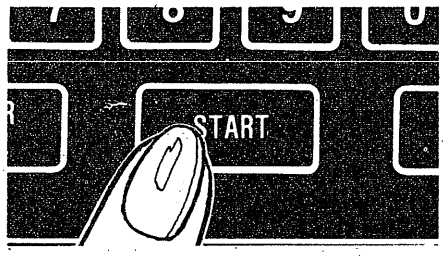
Step 2: Touch TEMP COOK/HOLD. The display panel shows O, F, and Power 10. "Enter Temp" flashes.



Step 3: Touch 1, 3, 0 for 130°. "Temp", 130 F and Power 10 show on display. "START" flashes.



Step 4: Touch POWER LEVEL pad. "Enter Power" flashes. Touch 5 for MEDIUM power. "Temp", 130 F and Power 5 shows on display.



Step 5: Touch START. If internal temperature of the roast is less than 80°, display will show "COOL" or if temperature is 80° or above, display shows temperature counting up.

Step 6: When 130° is reached, the oven will sound and flash HOLD. The oven will then hold the temperature.

Step 7: Touch the CLEAR/OFF pad to stop the cycle.

Step 8: Remove probe and food from the oven.

Cooking Tips

- Use a lower power level setting; it will heat evenly even though requiring more time.
- Be sure frozen food has been completely defrosted before inserting probe. Probe may break off if used in frozen foods.
- Always insert probe into the center of meaty areas; take care not to touch the fat or the bone.
- Insert probe as horizontally as possible into foods as directed in the recipes. Make sure the handle does not touch the food.
- Use the clip to keep the probe in place while heating.
- Cover foods as directed in Cookbook for moisture control and quick heating.

Questions and Answers

Q. After I followed the steps and touched START, "ERROR" flashed in the display and a signal sounded. What is wrong?

A. "ERROR" flashes on display if you set the temperature either below 80° or greater than 199°. The oven tells you between the flashing of "ERROR" what the incorrect entry was that you set. To re-enter, touch CLEAR/OFF pad and begin steps again.

Q. Are there any foods I can't Temp Cook?

A. Yes. Delicate butter icings, ice cream, frozen whipped toppings, etc., soften rapidly at warm temperatures. Batters and doughs as well as frozen foods are also difficult to cook precisely with the probe. It is best to Time Cook these foods.

Q. Why did "PROBE" flash on the display after I touched Start?

A. "PROBE" will flash on the display if you have not securely seated the end of the probe into the receptacle in the oven wall or if you touch TEMP COOK/HOLD and have forgotten to use the probe.

Q. Can I leave my probe in the oven if it's not inserted in the food?

A. No. If the probe is left inside the oven, touching the oven wall, and not inserted in food, you may damage the oven.

Q. Can I Temp Cook different portions of food at different temperatures?

A. Yes. The temperature probe gives you the freedom to cook different portions of food at different temperatures to suit individual eating styles. Simply place the probe in the food and change the temperature setting as needed.

How to Use the Minute/Second Timer

The MIN/SEC Timer, has three timing functions:

- **It operates as a minute timer.**
- **It can be set to delay cooking.**
- **It can be used as a hold setting after defrosting.**

The MIN/SEC Timer operates without microwave energy.

How to Time a 3-Minute Phone Call

1. Touch MIN/SEC TIMER pad. Display shows :0. "Enter Time" flashes.

2. Touch number pads 3, 0 and 0 (for 3 minutes and no seconds). Display shows 3:00 and HOLD.

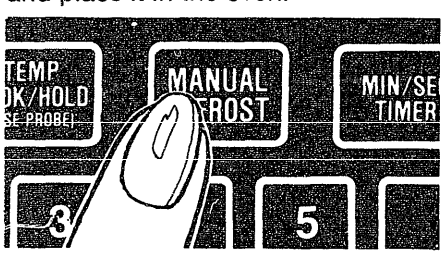
3. Touch START. Display shows Hold Time Left and time counting down.

4. When time is up, oven signals, display flashes "END" and shows time of day.

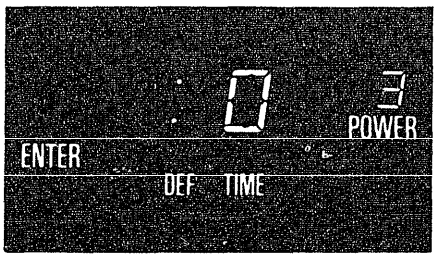
How to Defrost, Hold and Time Cook

Let's say you want to defrost a frozen casserole for 15 minutes, hold for 10 minutes and then Time Cook for 25 minutes. Here's how to do it:

Step 1: Take casserole from freezer and place it in the oven.

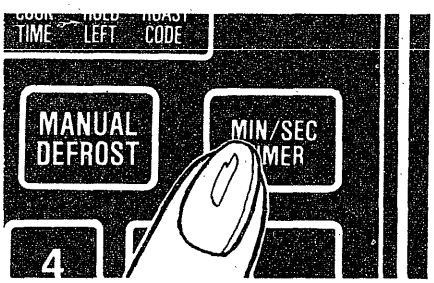


Step 2: Touch MANUAL DEFROST pad.



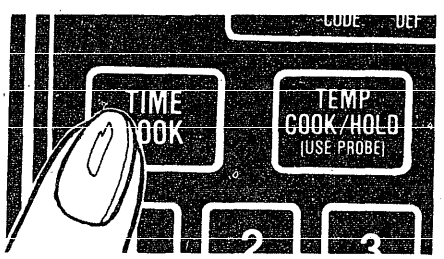
Display shows Enter Def Time, ;0, and Power 3.

Step 3: Touch pads 1, 5 and MIN for 15 minutes defrosting time. Def Time, 15:00, and Power 3 appear on display.



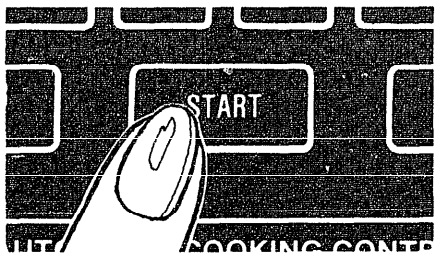
Step 4: Set hold time by touching MIN/SEC TIMER pad. Display shows Enter Time and :0

Step 5: Touch pads 1, 0, and MIN for 10 minutes holding time. Display shows 10:00 and HOLD.



Step 6: Touch TIME COOK pad. Display shows Enter Cook Time, :0, and Power 10.

Step 7: Touch pads 2, 5, and MIN for 25 minutes of cooking time. Display shows Cook Time, 25:00, and Power 10.



Step 8: Touch START pad. Display shows Def Time Left, Power 3, and 15:00 counting down.

As each function is automatically performed, display shows the information you entered as you set up the oven to defrost, hold and cook.

Questions and Answers

Q. What will happen if I accidentally reverse my defrost, hold and cook instructions?

A. The oven automatically rearranges your program. Defrosting always comes first, then hold, and then the cooking function.

Q. Can I defrost and hold only?

A. Yes. Sometimes you may only want to defrost a food, hold it, and cook it later. All you need to do is program in Defrost and amount of time. Then program Hold and the amount of time. Be sure to put the thawed dish in the refrigerator promptly.

NOTE: Let foods remain at room temperature only as long as safe. Times will vary.

Q. I programmed my oven for a specific defrosting time but it defrosted longer than necessary. What happened?

A. When instructions conflict, the oven carries out the last instruction. You may have set the oven to defrost for 4 minutes, hold for 2 minutes, and then defrost for 6 minutes. In this case, the oven would defrost for 6 minutes and hold for 2 minutes and ignore your first defrost instruction.

Using Your Oven

Your oven is designed to give you the best results in baking, broiling, and roasting when used as recommended. Before using your oven, read the directions for setting and using all of the controls and timer.

Oven Light

Light comes on automatically when door is opened or use switch on window door to turn it on when door is closed.

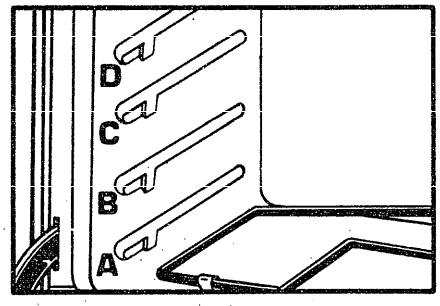
Oven Shelves

When the shelves are correctly placed on shelf supports they are designed with stop-locks to prevent them from coming out of the oven or tilting when food is placed on them.

TO REMOVE, lift up rear of shelf and pull forward with stop-locks along top of shelf support.

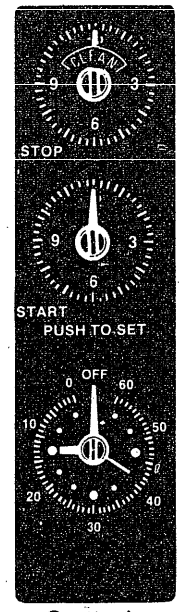
TO REPLACE, insert shelf with stop-locks resting on shelf supports and push toward rear of oven until it falls into correct position under shelf supports.

Shelf Positions



The oven has four shelf supports marked A (bottom), B, C and D (top). Shelf positions for cooking food are suggested on Baking, Roasting and Broiling pages.

Automatic Oven Timer, Minute Timer



Oven Timer Controls are designed to automatically start and stop certain oven functions (TIME BAKE or CLEAN). Dials are timed by a special Clock with index marks (denoting numerals) and hands. (For location see page 6.)

TO SET CLOCK, push in the center knob of Minute Timer and turn the Clock hands to correct time, then let knob out.

TO SET MINUTE TIMER, turn knob to desired minutes. (Knob must be out to set Minute Timer.) Minute Timer will buzz when time has finished and must be turned off manually.

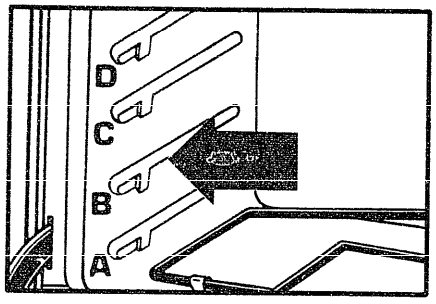
Use the Microwave Oven Clock for easy reference to time of day.

How to Bake and Time Bake

How to Set Your Oven for Baking

See Baking Chart on page 28.

Step 1: Place shelf on embossed shelf support "B" or as indicated on Baking Chart, page 28.



Step 2: After making sure that the oven door is closed, turn the OVEN SET Knob to BAKE. Oven "On" Light will come on and remain on as long as OVEN SET Knob is on BAKE.

Step 3: Turn OVEN TEMP Knob to the temperature called for in recipe. Oven Cycling Light comes on and remains on until preset oven temperature is reached. It reappears each time oven temperature drops below preset temperature.

Step 4: You may set your Minute Timer to the desired cooking time as indicated in your recipe. If your cooking time is longer than sixty minutes, Minute Timer must be reset.

Most foods cook satisfactorily without preheating. If preheating is required, put your dish promptly in the range after Oven Cycling Light goes out.

Step 5: Place food inside the oven. Make sure at least 1" of space is left between the cooking container and the oven wall for proper heat circulation. Close the oven door.

NOTE: Avoid opening your oven door frequently. This could cause undesirable results in your baking. Only check foods at the minimum time of the recipe. Then cook longer if necessary.

Step 6: When the BAKE cycle is complete, turn off heat. When cooking food for the first time in your oven, use the time on your recipe as a guide. Be sure foods are done before removing from oven.

How to Time Bake

Your Automatic Oven Timer controls your Time Bake feature. When you Time Bake, your oven can be preset to start and stop automatically if you are not home.

Step 1: Be sure the range Clock shows correct time of day since Clock controls the Oven Timers. Start dial pointer must indicate same time of day as on Clock. If you want the oven to turn on at a later time, set that time by pushing in knob on Start dial and turn pointer to time that you want oven to start. (There's no need to set Start dial when starting time is the present time of day.)

Step 2: To determine Stop time, add the food's cooking time to time set on Start dial. Push in knob on Stop dial and turn pointer to time oven is to turn off.

Step 3: Turn OVEN SET Knob to TIME BAKE. Oven "On" Light comes on immediately even if the Start time is later.

Step 4: Turn OVEN TEMP Knob to temperature setting. ~~Oven Cycling Light comes on even though heat is not on in the oven if a later start time is used.~~ Your oven automatically turns on and off at the times you set.

Step 5: Remove food and turn OVEN SET Knob to OFF.

Baking Chart

1. Aluminum pans conduct heat quickly. For most conventional baking light shiny finishes generally give best results because they prevent overbrowning in the time it takes for heat to cook the center areas. Dull (satin-finish) bottom surfaces of pans are recommended for cake pans and pie plates to be sure those areas brown completely.
2. Dark or non-shiny finishes, also glass and pyroceram, generally absorb heat which may result in dry, crisp crusts. Reduce oven heat 25° if lighter crusts are desired. Preheat cast iron for baking some foods for rapid browning when food is added.
3. Preheating the oven is not always necessary, especially for foods which cook longer than 30 or 40 minutes. For food with short cooking times, preheating gives best appearance and crispness.
4. Open the oven door to check food as little as possible to prevent uneven heating and to save energy.

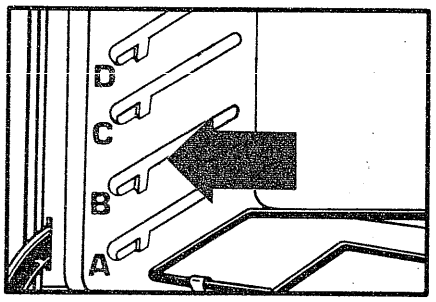
Food	Container	Shelf Position	Oven Temp.	Time, Min.	Comments
Bread					
Biscuits (½-in. thick)	Shiny Cookie Sheet	B, C	400°-475°	15-20	Canned refrigerated biscuits take 2-4 min. less time.
Coffee cake	Shiny Metal Pan with Satin-finish bottom	B, A	350°-400°	20-30	
Corn bread or muffins	Cast Iron or Glass	B	400°-450°	20-40	Preheat pan for crisp crust.
Gingerbread	Shiny Metal Pan with Satin-finish bottom	B	350°	45-55	
Muffins	Shiny Metal Muffin Pans	A, B	400°-425°	20-30	Decrease about 5 min. for muffin mix.
Popovers	Deep Glass or Cast Iron Cups	B	375°	45-60	Or bake at 450° for 25 min., then at 350° for 10-15 min.
Quick Loaf Bread	Metal or Glass Loaf Pans	B	350°-375°	45-60	
Yeast bread (2 loaves)	Metal or Glass Loaf Pans	A, B	375°-425°	45-60	Dark metal or glass give deepest browning.
Plain rolls	Shiny Oblong or Muffin Pans	A, B	375°-425°	10-25	For thin rolls, Shelf B may be used.
Sweet rolls	Shiny Oblong or Muffin Pans	B, A	350°-375°	20-30	For thin rolls, Shelf B may be used.
Cakes (without shortening)					
Angel food	Aluminum Tube Pan	A	325°-375°	30-55	Two piece pan is convenient.
Jelly roll	Metal Jelly Roll Pan	B	375°-400°	10-15	Line pan with waxed paper.
Sponge	Metal or Ceramic Pan	A	325°-350°	45-60	
Cakes					
Bundt cakes	Metal or Ceramic Pan	A, B	325°-350°	45-65	
Cupcakes	Shiny Metal Muffin Pans	B	350°-375°	20-25	Paper liners produce more moist crusts.
Fruit cakes	Metal or Glass Loaf or Tube Pan	A, B	275°-300°	2-4 hrs.	Use 300° and Shelf B for small or individual cakes.
Layer	Shiny Metal Pan with Satin-finish bottom	B	350°-375°	20-35	
Layer, Chocolate	Shiny Metal Pan with Satin-finish bottom	B	350°-375°	25-30	
Loaf	Metal or Glass Loaf Pans	B	350°	40-60	
Cookies					
Brownies	Metal or Glass Pans	B, C	325°-350°	25-35	Bar cookies from mix use same time.
Drop	Cookie Sheet	B, C	350°-400°	10-20	Use Shelf C and increase temp. 25-50° for more browning.
Refrigerator	Cookie Sheet	B, C	400°-425°	6-12	
Rolled or sliced	Cookie Sheet	B, C	375°-400°	7-12	
Fruits, Other Desserts					
Baked apples	Glass or Metal	A, B, C	350°-400°	30-60	
Custard	Glass Custard Cups or Casserole (set in pan of hot water)	B	300°-350°	30-60	Reduce temp. to 300° for large custard. Cook bread or rice pudding with custard base 80 to 90 minutes.
Puddings, Rice and Custard	Glass Custard Cups or Casserole	B	325°	50-90	
Pies					
Frozen	Foil Pan on Cookie Sheet	A	400°-425°	45-70	Large pies use 400° and increase time.
Meringue	Spread to crust edges	B, A	325°-350°	15-25	To quickly brown meringue use 400° for 8-10 min.
One crust	Glass or Satin-finish Metal	A, B	400°-425°	45-60	Custard fillings require lower temp., longer time.
Two crust	Glass or Satin-finish Metal	B	400°-425°	40-60	
Pastry Shell	Glass or Satin-finish Metal	B	450°	12-15	
Miscellaneous					
Baked potatoes	Set on Oven Shelf	A, B, C	325°-400°	60-90	Increase time for large amount or size.
Scalloped dishes	Glass or Metal	A, B, C	325°-375°	30-60	
Souffles	Glass	B	300°-350°	30-75	

How to Set Your Oven for Roasting

See Roasting Chart on page 30.

Step 1: Check the weight of the meat and place, fat side up, on the rack in the broiler pan that came with your range. This helps the meat to baste itself.

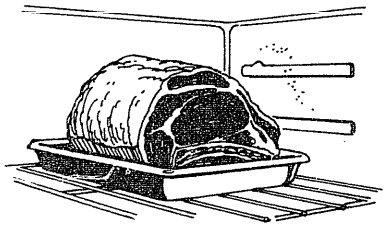
Step 2: Use shelf position "A" or "B"; or the one indicated on Roasting Chart, page 30. Place Oven Shelf on correct embossed shelf support. For very tall roasts, remove second oven shelf.



Step 3: Turn the OVEN TEMP Knob to 325°. (The exception is small poultry which is roasted at 375°.)

Step 4: Close the oven door and turn the OVEN SET Knob to BAKE. Oven "On" Light comes on and stays on until OVEN SET Knob is turned to OFF. Oven Cycling Light comes on and remains on until temperature is reached.

Step 5: Place your meat inside the oven, making sure the pan is not touching the oven walls or door.



Step 6: Turn off the heat when the roasting cycle is complete.

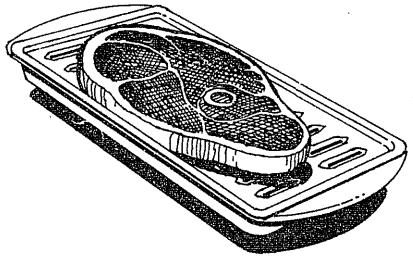
Cooking Tips

- Be sure meat is cooked to your satisfaction. Most meats continue to cook slightly while standing after being removed from the oven. This should be taken into consideration when determining your cooking time.
- Always use a roasting pan that fits the size of your meat. A roast placed in a pan too small for its size will drip over the edge.
- You may cook frozen meat roasts without thawing. However, you must allow more cooking time. For large roasts, add 10-25 minutes per pound. For roasts under 5 pounds, add 10 minutes per pound.
- To slow down surface browning on turkeys, you can use a foil "tent". The tent-shaped foil should be laid loosely over the poultry so the heat can circulate under the foil.
- Most frozen poultry should be thawed before cooking to ensure it is done evenly. Some, however, can be cooked successfully without thawing. Check the packer's label for specific directions.

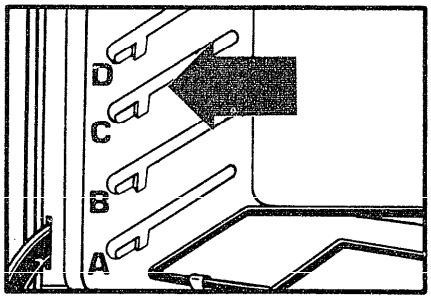
How to Set Your Oven for Broiling

See Broiling Chart on page 31.

Step 1: Place the meat on the broiler rack in the broiler pan. Always use the rack so fat drips into the broiler pan.



Step 2: Position oven shelf as indicated on Broiling Chart, page 31.

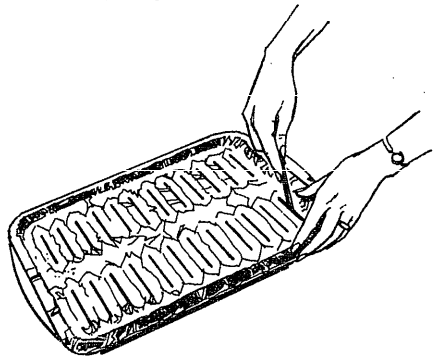


Step 3: Turn the OVEN SET Knob and OVEN TEMP Knob to BROIL. Both Oven Indicator Lights come on.

Step 4: Leave oven door ajar about 3 inches (except chicken, see below). The door will stay open itself yet the proper temperature will be maintained in the oven. During cooking, turn the food only once.

Step 5: Turn OVEN SET Knob to OFF and serve food immediately. Leave the pan outside the oven to cool during the meal for easy cleaning.

Cooking Tips



- Foil may be used to line the broiler pan and rack. However, be sure to cut openings in the foil to correspond with the slits in the broiler rack so fat drips into the pan below.
- For all weights of chicken, broil with door closed.
- Placing food closer to the top of the oven increases smoking, spattering, exterior browning on the meat and the possibility of food fat catching on fire. Always keep rack 3-5 inches from the broiling unit.

Roasting Chart

1. Position oven shelf at B for small-size roasts (3 to 7 lbs.) and at A for larger roasts.
2. Place meat fat side up or poultry breast-side up on broiler pan or other shallow pan with trivet. Do not cover. Do not stuff poultry until just before roasting. Use meat thermometer, for more accurate doneness. (Do not place thermometer in stuffing.)
3. Remove fat and drippings as necessary. Baste as desired.
4. Standing time recommended for roasts is 10 to 20 min. to allow roast to firm up and make it easier to carve. It will rise about 5° to 10° internal temperature; to compensate for temperature rise, if desired, remove roast from oven at 5° to 10° less than temperature on chart.
5. Frozen roasts can be conventionally roasted by adding 10 to 25 min. per pound more time than given in chart for refrigerated. (10 min. per lb. for roasts under 5-lbs.) Defrost poultry before roasting.

Type	Oven Temp.	Doneness	Approximate Roasting Time, in Minutes per Pound		Internal Temp. °F
Meat			**3 to 5-lbs.**	**6 to 8-lbs.**	
Tender cuts: rib, high quality sirloin tip, rump or top round*	325°	Rare:	24-30	18-22	130°-140°
		Medium:	30-35	22-25	150°-160°
		Well Done:	35-45	28-33	170°-185°
Lamb Leg or bone-in shoulder*	325°	Rare:	21-25	20-23	130°-140°
		Medium:	25-30	24-28	150°-160°
		Well Done:	30-35	28-33	170°-185°
Veal shoulder, leg or loin*	325°	Well Done:	35-45	30-40	170°-180°
Pork loin, rib or shoulder*	325°	Well Done:	35-45	30-40	170°-180°
Ham, pre-cooked	325°	To Warm:	10 mins. per lb. (any weight)		125°-130°
			Under 10 lbs.	**10 to 15 lbs.**	
Ham, raw	325°	Well Done:	20-30	17-20	160°
*For boneless rolled roasts over 6-in. thick, add 5 to 10 min. per lb. to times given above.					
Poultry			**3 to 5-lbs.**	**Over 5 lbs.**	
Chicken or Duck	325°	Well Done:	35-40	30-35	185°-190°
Chicken pieces	375°	Well Done:	35-40		185°-190°
			10 to 15 lbs.	**Over 15 lbs.**	**In thigh:**
Turkey	325°	Well Done:	20-25	15-20	185°-190°

Broiling Chart

1. Always use broiler pan and rack that comes with your oven. It is designed to minimize smoking and spattering by trapping juices in the shielded lower part of the pan.
2. Oven door should be ajar for most foods; there is a special position on door which holds door open correctly.
3. For steaks and chops, slash fat evenly around outside edges of meat. To slash, cut crosswise through outer fat surface just to the edge of the meat. Use tongs to turn meat over to prevent piercing meat and loosing juices.
4. If desired, marinate meats or chicken before broiling. Or, brush with barbeque sauce last 5 to 10 minutes only.
5. When arranging food on pan, do not let fatty edges hang over sides, which could soil oven with fat dripping.
6. Broiler does not need to be preheated. However, for very thin foods or to increase browning, preheat if desired.
7. Frozen Steaks can be conventionally broiled by positioning the oven shelf at next lowest shelf position and increasing cooking time given in this chart 1½ times per side.
8. If your range is connected to 208 Volts rare steaks may be broiled by preheating the broil heater and positioning the oven shelf one position higher.

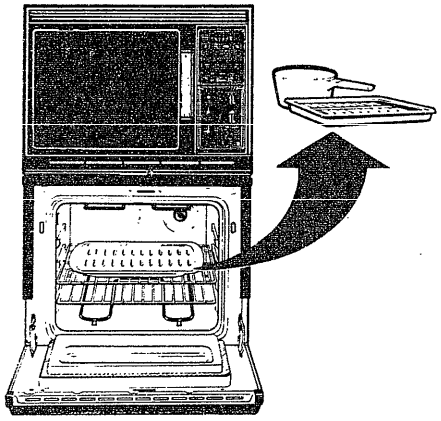
Food	Quantity and/or Thickness	Shelf Position	First Side Time, Min.	Second Side Time, Min.	Comments
Bacon	½-lb. (about 8 thin slices)	C	3½	3½	Arrange in single layer.
Ground Beef, Well done	1-lb. (4 patties) ½ to ¾-in. thick	C	7	4-5	Space evenly. Up to 8 patties take about same time.
Beef Steaks					
Rare	1 inch thick (1-1½ lbs.)	C	7	7	Steaks less than 1-in. cook through before browning. Pan frying is recommended.
Medium		C	9	9	
Well Done		C	13	13	
Rare	1½-in. thick (2-2½ lbs.)	C	10	7-8	Slash fat.
Medium		C	15	14-16	
Well Done		C	25	20-25	
Chicken	1 whole (2 to 2½-lbs.), split lengthwise	A	35	10-15	Reduce times about 5-10 min. per side for cut-up chicken. Brush each side with melted butter. Broil with skin side down first and broil with door closed.
Bakery Products					
Bread (Toast) or Toaster Pastries	2-4 slices 1 pkg. (2)	C	1½-2	½	Space evenly. Place English muffins cut-side-up and brush with butter, if desired.
English Muffins	2-split	C	3-4		
Lobster tails (6 to 8-oz. each)	2-4	B	13-16	(Do not turn over)	Cut through back of shell. Spread open. Brush with melted butter before and after half time.
Fish	1-lb. fillets ¼ to ½-in. thick	C	5	5	Handle and turn very carefully. Brush with lemon butter before and during cooking if desired. Preheat broiler to increase browning.
Ham slices (precooked)	1-in. thick	B	8	8	Increase times 5-10 min. per side for 1½-in. thick or home cured.
Pork chops					
	2 (½ inch)	C	10	10	Slash fat.
Well Done	2 (1-in. thick) about 1 lb.	B	13	13	
Lamb chops					
Medium	2 (1 inch)	C	8	4-7	Slash fat.
Well Done	about 10-12 oz.	C	10	10	
Medium	2 (1½ inch)	C	10	4-6	
Well Done	about 1 lb.	B	17	12-14	
Wieners and similar precooked sausages, bratwurst	1-lb. pkg. (10)	C	6	1-2	If desired, split sausages in half lengthwise into 5 to 6-in. pieces.

How to Operate Your Self-Cleaning Oven

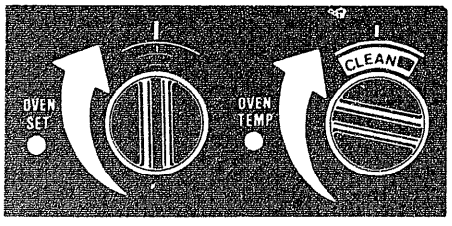
If done properly, it will take only a few moments to start the self-cleaning cycle on your oven. After setting your oven to self-clean, a high heat temperature removes the soil in the oven cavity. The dirt will then disappear by turning into an ash waste or evaporating into an odorless and colorless vapor. When the cycle is complete, allow your range to cool.

While you are becoming acquainted with your self-cleaning oven, we recommend 2 hours for the average cleaning function, but in some cases a longer cleaning time, up to 3 hours may be necessary. In order to judge the degree of soil, look at the oven floor and walls. Light spatter and thinner spills would generally need only 2 hours cleaning. Heavy greasy spills and spatter on the oven interior would need up to 3 hours.

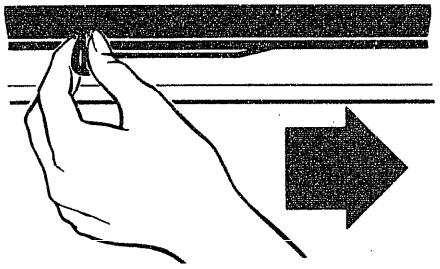
Step 1: Remove all cookware and food as well as heavy soil deposits from the oven. Clean spatters or spills around the oven door, rectangular flanges, and gasket. Then close the door.



Step 2: Turn OVEN SET Knob and OVEN TEMP Knob clockwise to CLEAN. The control will snap into final position when the CLEAN position is reached.



Step 3: Push and hold Latch Release Button while latching door.



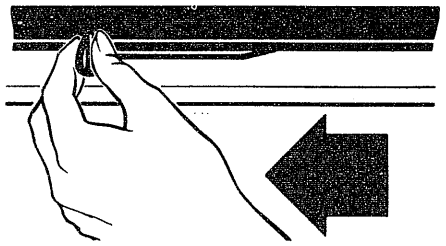
Step 4: Set the Automatic Oven Timer:

- Push in knob on Stop (Clean) dial and turn to the time you wish oven to stop cleaning. Add the number of hours needed for cleaning to the present time of day.
- Cleaning Indicator Lights come on when all steps are set properly.
- If you wish to clean at a later time set Start dial to that time.

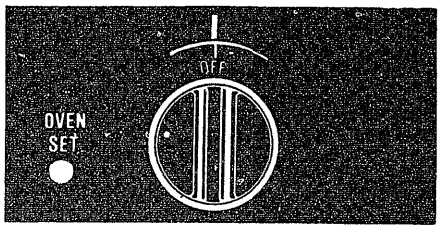
NOTE: A slight odor may be detected especially during the first few cleanings. Do not be alarmed. This is normal during the self-cleaning cycle.

When cleaning temperature is reached, Lock Light comes on and door cannot be unlatched until Lock Light goes off.

Step 5: When Lock Light goes off, push and hold the Clean Lock Button while sliding Latch to OPEN. Turn OVEN SET Knob to OFF.



Step 6: Turn OVEN SET Knob to OFF.



Fan in microwave oven comes on when Lock Light is glowing during self-cleaning operation. You may still use your microwave at this time.

Questions and Answers

Q. Why is there still some black soil left after cleaning?

A. You did not time the oven to clean long enough. This deposit will be removed in later cleanings.

Q. If my oven clock is not working can I still self-clean my oven?

A. No. Your Automatic Oven Timer uses the range clock to help start and stop your self-cleaning cycle.

Q. Why did the Lock Light come on when I first set the oven for CLEAN?

A. Lock Light glowing indicates that oven is too hot. Turn OVEN SET Knob to OFF and open oven door to cool the internal cavity. After a short period of time, reset controls for cleaning.

Q. My oven shelves have become gray after several cleanings. Is this normal?

A. Yes. After many cleanings, the shelves may lose some luster and discolor to a deep gray color.

Q. Why do I have ash left in my oven after cleaning.

A. Some types of soil will leave a deposit which is ash. It can be removed with a damp sponge or cloth.

Q. What should I do if excessive smoking occurs during cleaning?

A. This is caused by excessive grease and you should switch the OVEN SET Knob to OFF. Open windows and doors to rid room of smoke. Allow the oven to cool for at least one hour before opening the door. Wipe up the excess grease and reset the clean cycle.

Cleaning Chart

Note: Let oven parts cool before cleaning manually.

PART	MATERIALS TO USE	GENERAL DIRECTIONS
Bake Unit and Broil Unit		Do not clean the bake unit or broil unit. Any soil will burn off when the unit is heated. NOTE: The bake unit is not hinged and cannot be lifted to clean the oven floor. If spill-over, residue, or ash accumulates around the bake unit, gently wipe around the unit with warm water.
Broiler Pan & Rack	Soap and Water Soap-Filled Scouring Pad Plastic Scouring Pad	Drain fat, cool pan and rack slightly. (Do not let soiled pan and rack stand in oven to cool). Sprinkle on detergent. Fill pan with warm water and spread cloth or paper towel over the rack. Let both stand for a few minutes. Wash; scour if necessary. Rinse and dry. OPTION: The broiler pan and rack may also be cleaned in a dishwasher.
Oven Control Knobs	Mild Soap and Water	Pull off knobs. Wash gently but do not soak. Dry and return controls to oven making sure to match flat area on the knob and shaft.
Outside Glass Finish	Soap and Water	Wash all glass with cloth dampened in soapy water. Rinse and polish with a dry cloth. If knobs on the control panel are removed, do not allow water to run down inside the surface of glass while cleaning.
Metal, including Chrome Side Trims and Trim Strips	Soap and Water	Wash, rinse, and then polish with a dry cloth. DO NOT USE steel wool, abrasives, ammonia, acids, or commercial oven cleaners which may damage the finish.
Porcelain Enamel*	Paper Towel Dry Cloth Soap and Water	Avoid cleaning powders or harsh abrasives which may scratch the enamel. If acids should spill on the oven while it is hot, use a dry paper towel or cloth to wipe up right away. When the surface has cooled, wash and rinse. For other spills, such as fat spatterings, etc., wash with soap and water when cooled and then rinse. Polish with a dry cloth.
Inside Oven Door*	Soap and Water	On this oven, clean ONLY the door liner outside the gasket. The door is automatically cleaned if the oven is in the self-cleaning cycle. If spillover or spattering should occur in cooking function, wipe the door with soap and water. DO NOT rub or damage gasket. Avoid getting soap and water on the gasket or in the rectangular flanges on the door.
Oven Gasket*		Avoid getting ANY cleaning materials on the gasket.
Oven Liner	Soap and Water	Cool before cleaning. Frequent wiping with mild soap and water will prolong the time between major cleanings. Be sure to rinse thoroughly. For heavy soiling, use your self-cleaning cycle often.
Shelves (See Self-Cleaning Oven Directions)	Soap and Water	Your shelves can be cleaned with the self-cleaning function in the oven. For heavy soil, clean by hand using any and all mentioned materials. Rinse thoroughly to remove all materials after cleaning.

*Spillage of marinades, fruit juices, and basting materials containing acids may cause discoloration. Spillovers should be wiped up immediately, with care being taken to not touch any hot portion of the oven. When the surface is cool, clean and rinse.

Care and Cleaning of Your Cooking Center

Proper care and cleaning are important so your Cooking Center will give you efficient and satisfactory service. Follow these directions carefully in caring for it to help assure safe and proper maintenance.

BE SURE ELECTRIC POWER IS OFF BEFORE CLEANING ANY PART OF YOUR COOKING CENTER.

Control Panels

Don't use sharp-edged utensils around the control panels. They might damage it.

Clean the panels with a lightly dampened cloth. DO NOT USE cleaning sprays or large amounts of soap and water. These can cause problems with the control mechanisms.

Temperature Probe

The probe is sturdy, but care should be taken in handling it. Do not twist it. Avoid dropping it. Clean as soon as possible after use. Wipe it with a sudsy cloth, then rub metal parts with a plastic scouring pad if necessary. Rinse and dry. DO NOT wash the probe in an automatic dishwasher.

Aluminum Foil on Shelves—why you shouldn't use it

DO NOT place a sheet of aluminum foil on any shelf in either your microwave or conventional oven. If you do, your foods may not cook properly. The oven finish may be damaged. And there may be an increase in heat on the outside surfaces of the oven.

Microwave Oven

Oven Lamp

The oven lamp bulb is long-lasting. Only a qualified service technician should replace it.

DOUBLE DUTY™ Shelf Accessory

Your shelf accessory is designed for use in a microwave oven only; do not use in a conventional oven. Do not use a browning dish with the shelf. Arcing could occur.

Clean shelf with mild soap and water or in the dishwasher. Do not remove plastic spacers from the shelf when cleaning. **Do not clean in self-cleaning oven.**

Precautions for Use of Metal

Use metal only as directed in the Cookbook. Metal trays no more than 3/4" deep may be used for TV dinners, and the metal temperature probe is designed for microwave oven use. Always keep metal at least one inch away from sides of oven.

Cleaning—Outside

Clean the outside of your microwave oven with soap and water, then rinse and dry. The outer pane of the window is glass. Wipe it clean with a damp towel. Chrome is best wiped with a damp cloth and then with a dry towel.

Cleaning—Inside

Keep it clean and sweet-smelling. Opening the oven door a few minutes after cooking helps air out the inside. An occasional thorough wiping with a solution of baking soda and water keeps the interior fresh.

Spills and spatters are easy to remove from walls, floor and antenna cover. That's because there's little heat except in the food, or sometimes in the utensil. Some spatters wipe up with a paper towel, some may require a damp cloth. Remove greasy spatters with a sudsy cloth, then rinse and dry.

NEVER USE A COMMERCIAL OVEN CLEANER ON ANY PART OF YOUR MICROWAVE OVEN.

Wipe up spatters on the glass on the inside of the door daily. Wash glass, when it's soiled, with a minimum of sudsy, warm water. Rinse thoroughly and dry.

Wipe metal and plastic parts on the inside of the door frequently. Use a damp cloth to remove all soil. DO NOT USE ABRASIVES, such as cleaning powders or steel and plastic pads. They may mar the surface.

Door Surface. When cleaning surfaces of door and oven that come together on closing the door, use only mild, non-abrasive soaps or detergents applied with a sponge or soft cloth.

Do not remove the plastic antenna cover at the top of the oven (see page 6.) You will damage the oven if you do.

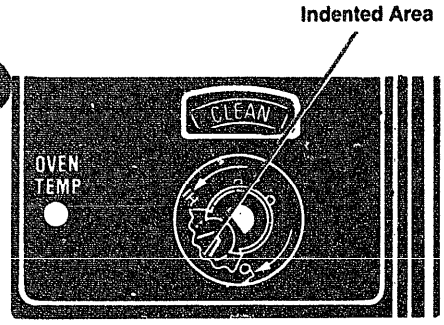
Using a Brown 'N Sear Dish? Use Bar Keepers Friend® Cleanser. High heat generated on the bottom of the Brown 'N Sear Dish can cause scorched appearing stains to bake onto the floor if grease is present. These may be removed with Bar Keepers Friend® Cleanser by SerVass Laboratories, Inc.

After using this cleaner, rinse and dry thoroughly, following instructions on can. Do not use it on the painted surfaces such as the walls—it may scratch the paint.

Bar Keepers Friend® Cleanser is sold in many grocery, hardware and department stores.

Lower Oven

Oven Thermostat



(Area seen through glass control panel after knob is removed.)

The temperature on your new oven has been accurately set at the factory. However, if your food consistently browns too much or too little, you may make a simple adjustment behind your OVEN TEMP Knob. To readjust your thermostat:

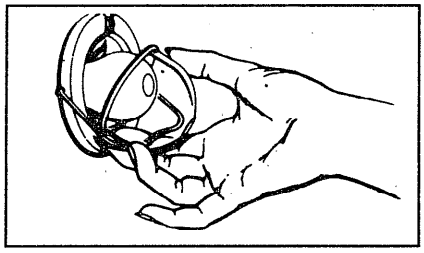
- Rotate OVEN TEMP Knob to CLEAN position and pull knob off the shaft revealing area behind knob.
- Insert the tip of a 3/16" standard screwdriver, into the indented area directly under the notch and turn in the desired direction. Be careful not to scratch glass control panel.
- To increase oven temperature move dial one notch counterclockwise. To lower oven temperature, move dial one notch clockwise. (Each notch represents approximately 15°.)
- Return knob to the range by matching the flat area of the knob to the shaft.
- Recheck oven performance before making an additional adjustment.

Oven Vent Duct

The oven is vented through a duct that's located on the right side of the oven just above the door handle (see page 6). Moisture and vapors from the oven are vented through it when oven is in use. Never cover the hole in the duct. To do so prevents it from functioning properly during cooking and cleaning.

Lamp Replacement

CAUTION: Before replacing your oven lamp bulb, disconnect the electric power for your Cooking Center at the main fuse or circuit breaker panel. Be sure to let the lamp cover and bulb cool completely before removing or replacing them.



The oven lamp (bulb) is covered with a glass removable cover which is held in place with a bail-shaped wire. Remove oven door, if desired, to reach cover easily.

To remove:

- Hold hand under cover so it doesn't fall when released. With fingers of same hand, firmly push back wire bail until it clears cover. Lift off cover. DO NOT REMOVE ANY SCREWS TO REMOVE COVER.
- Replace bulb with 40-watt home appliance bulb.

To replace cover:

- Place it into groove of lamp receptacle. Pull wire bail forward to center of cover until it snaps into place. When in place, wire holds cover firmly. Be certain wire bail is in depression in center of cover.
- Connect electric power to oven.

Use of Aluminum Foil in Broiling

If you wish, you may line the broiler pan with aluminum foil and cover the rack with it for broiling. ALWAYS BE SURE TO MOLD THE FOIL THOROUGHLY TO THE BROILER RACK AND SLIT THE FOIL TO CONFORM WITH SLITS IN THE RACK. Stopping fat and meat juices from draining into the broiler pan prevents the rack from serving its purpose and MAY LET JUICES BECOME HOT ENOUGH TO CATCH FIRE.

Questions? Use This Problem Solver

Lower Oven

PROBLEM	POSSIBLE CAUSE AND REMEDY
OVEN WILL NOT WORK	Difficulty may be in the main distribution panel of your house by a blown oven circuit fuse, a tripped oven circuit breaker, the main fuse or the main circuit breaker, depending on nature of the power supply. If a circuit breaker is involved, reset it. If the control box uses fuses, the oven fuse (a cartridge-type) should be changed BUT ONLY BY SOMEONE FAMILIAR WITH ELECTRICAL CIRCUITS. If after doing one of these procedures, the fuse blows or circuit breaker trips again, call for service. NOTE: Apartment tenants or condominium owners should request their building management to perform this check before calling for service. Oven controls are not properly set. Door left in locked position after cleaning.
OVEN LIGHT DOES NOT WORK	Light bulb is loose. Bulb is defective. Replace. Switch operating oven light is broken. Call for service.
FOOD DOES NOT BROIL PROPERLY	OVEN SET knob not set at BROIL. OVEN TEMP knob not set at BROIL. Door not left ajar as recommended. Improper shelf position is being used. Check Broiling Chart. Necessary preheating was not done. Food is being cooked on hot pan. Utensils are not suited for broiling. Aluminum foil used on the broil pan rack has not been fitted properly and slit as recommended.
FOOD DOES NOT ROAST OR BAKE PROPERLY	OVEN SET knob not set on BAKE. OVEN TEMP knob not set correctly. Shelf position is incorrect. Check Roasting or Baking Charts. Oven shelf is not level. Wrong cookware is being used. When roasting, pan is too small. A foil tent was not used when needed to slow down browning during roasting.
OVEN WILL NOT SELF-CLEAN	Automatic time dial/dials not set or not set properly. The STOP dial must be set and advanced beyond the time noted on oven clock. The STOP dial was not advanced for long enough. Both OVEN SET and OVEN TEMP knobs must be at CLEAN setting. A thick pile of spillover when cleaned leaves a heavy layer of ash in spots which could have insulated the area from further heat. Latch not in "CLEAN" position.
OVEN DOOR WON'T LATCH	Turn OVEN SET knob to CLEAN. Glowing Locked Light after knob is turned indicates oven is too hot from previous use and door won't latch. To cool oven, open door wide, then latch can be moved. OVEN SET knob must be at CLEAN or OFF before Latch can be moved. Latch Release Button not pushed when moving Latch.

Microwave Oven

PROBLEM	POSSIBLE CAUSE AND REMEDY
CONTROL PANEL LIGHTED, YET OVEN WILL NOT START	Door not securely closed. START must be touched after entering cooking selection. Another selection entered already in oven and CLEAR/OFF not touched to cancel it. Make sure you have entered cooking time after touching TIME COOK. CLEAR/OFF was touched accidentally. Reset cooking program and touch START. Temperature probe not inserted properly or not being used during Auto Roast or Temp Cook. Make sure you have entered desired finished temperature after touching TEMP COOK/HOLD. Make sure you entered a code number after touching AUTO COOK, AUTO ROAST or AUTO DEFROST.
"ERROR" APPEARS ON READOUT	When using Temp Cook, a temperature less than 80°F. or more than 199°F. has been entered. Door is opened during "AUTO" cycle of Auto Cook function. Close door and touch START. Weight is incorrect for Auto Defrost code on chart. It is necessary to reset oven.
"PROBE" APPEARS ON READOUT	Probe has been forgotten or not seated properly in oven wall when using Auto Roast or Temp Cook functions.
FOODS ARE EITHER OVERCOOKED OR UNDERCOOKED	Cooking times may vary because of starting food temperature, food density or amount of foods in oven. Touch TIME COOK and additional cooking time for completion. Incorrect power level entered. Check Cookbook for recommended power level or changing levels during cooking if necessary. Dish was not rotated, turned or stirred. Some dishes require specific instructions. Check Cookbook or recipe for these instructions. Too many dishes in oven at same time. Cooking time must be increased when cooking more than one food item. Check Cookbook for recommendation on increasing time. Dish not completely covered as directed during Auto Cook. Previous microwaving left humidity or moisture in oven, thus lessening the cooking time in Auto Cook function. Certain vegetables need a standing time after using Auto Cook. Check Automatic Cooking Chart. Oven door was opened during "AUTO" cycle of Auto Cook function. Probe not inserted properly into meat or dish when using Temp Cook or Auto Roast functions. Check Cookbook or Auto Roast section of this book for specific instructions. Check Cookbook for food placement and instructions when using Double Duty™ Shelf.

All These Things Are Normal on Your Microwave Oven:

- When Lock Light comes on during self-cleaning lower oven, a fan in the microwave oven comes on to keep oven components cool.
- Steam or vapor escaping from around the door.
- Light reflection around door or outer case.
- Some TV-Radio interference might be noticed while using your microwave oven. It's similar to the interference caused by other small appliances and does not indicate a problem with your oven.
- Dimming oven light and change in blower sound may occur while operating at power levels other than high.
- Dull thumping sound while operating at power levels other than high.

If you need more help...call, toll free:
The GE Answer Center®
800.626.2000
consumer information service

If You Need Service

To obtain service, see your warranty on the back page of this book.

We're proud of our service and want you to be pleased. If for some reason you are not happy with the service you receive, here are three steps to follow for further help.

FIRST, contact the people who serviced your appliance. Explain why you are not pleased. In most cases, this will solve the problem.

NEXT, if you are still not pleased, write all the details—including your phone number—to:

Manager, Consumer Relations
General Electric
Appliance Park
Louisville, Kentucky 40225

FINALLY, if your problem is still not resolved, write:

Major Appliance
Consumer Action Panel
20 North Wacker Drive
Chicago, Illinois 60606

YOUR GENERAL ELECTRIC MICROWAVE OVEN/RANGE WARRANTY

Save proof of original purchase date such as your sales slip or cancelled check to establish warranty period.

WHAT IS COVERED

FULL ONE-YEAR WARRANTY

For one year from date of original purchase, we will provide, free of charge, parts and service labor in your home to repair or replace ***any part of the microwave oven/range*** that fails because of a manufacturing defect.

LIMITED ADDITIONAL FOUR-YEAR WARRANTY

For the second through fifth year from date of original purchase, we will provide, free of charge, a replacement ***magnetron tube*** if the magnetron tube fails because of a manufacturing defect. You pay for the service trip to your home and service labor charges.

This warranty is extended to the original purchaser and any succeeding owner for products purchased for ordinary home use in the 48 mainland states, Hawaii and Washington, D.C. In Alaska the warranty is the same except that it is LIMITED because you must pay to ship the product to the service shop or for the service technician's travel costs to your home.

All warranty service will be provided by our Factory Service Centers or by our authorized Customer Care® servicers during normal working hours.

Look in the White or Yellow Pages of your telephone directory for GENERAL ELECTRIC COMPANY, GENERAL ELECTRIC FACTORY SERVICE, GENERAL ELECTRIC-HOTPOINT FACTORY SERVICE or GENERAL ELECTRIC CUSTOMER CARE® SERVICE.

WHAT IS NOT COVERED

- Service trips to your home to teach you how to use the product.

Read your Use and Care material. If you then have any questions about operating the product, please contact your dealer or our Consumer Affairs office at the address below, or call, toll free:

The GE Answer Center®
800.626.2000
consumer information service

- Improper installation.

If you have an installation problem, contact your dealer or installer. You are responsible for providing adequate electrical, exhausting and other connecting facilities.

- Replacement of house fuses or resetting of circuit breakers.
- Failure of the product if it is used for other than its intended purpose or used commercially.
- Damage to product caused by accident, fire, floods or acts of God.

WARRANTOR IS *NOT* RESPONSIBLE FOR CONSEQUENTIAL DAMAGES.

Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state. To know what your legal rights are in your state, consult your local or state consumer affairs office or your state's Attorney General.

Warrantor: General Electric Company

If further help is needed concerning this warranty, contact:
Manager—Consumer Affairs, General Electric Company, Appliance Park, Louisville, KY 40225

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GENERAL ELECTRIC

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